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NEWSLETTER – October 2021

No. 137

## THE NEW COMMITTEE

Following our 2021/2022 AGM we now have a slimmed down committee with one new member Dave Waddilove joining us. On behalf of you all I thank Dave for 'stepping up' and welcome him to the committee. Thank you for the honour of being elected the Chair.

The committee members are as shown below:



Peter Rendall – Secretary



Peter Blackler –Treasurer



Cliff Daly



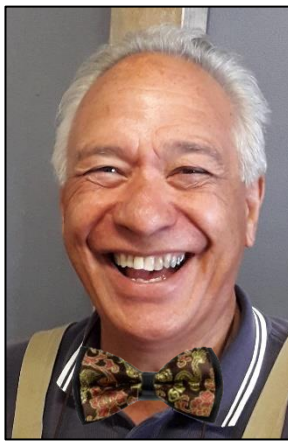
Doug Watson



Trevor McIntyre



Dave Waddilove



Tony Annandale - Chair



Ron McNulty

The new committee met for the first time on 14 October and voted in favour of establishing a subcommittee structure to assist in running our Shed. It will also give you all an opportunity to participate in and influence how we operate. A list of the subcommittees and their chairs/leaders will be made available once finalised and I encourage everyone to look at how you can contribute to these.

As the saying goes “many hands make light work” which is something we excel in at the Shed with our project activities, let’s carry this over to the administration, tasks and other activities at our Shed.

Tony A

## **FOR THOSE WHO DON'T WANT THE JAB**

I know some people are reluctant to get vaccinated because they don't know what's in it. They are concerned that there could be dangerous chemicals and microchips, I have heard several people say something to the effect of, "I don't want to risk my life by having unknown substances injected rather than risk the danger of Covid 19".

Fair enough, it's their choice, it's their life, doesn't matter about other people who may catch Covid due to community transmission from the unvaccinated.

They seem forget that they live in a world and eat things that they have no real idea as to what's in them. They drink Coca Cola (the manufacturers won't tell you what it is made from), they eat KFC with 11 herbs and spices that KFC won't reveal.

I could go on. We just have to trust manufacturers to make stuff that's safe to consume. Occasionally something goes wrong, something unwanted gets in and the manufacturers are heavily fined. We live with that and I have managed to survive a long time on this basis.

If you really want to know what's in it, the main ingredients in the Pfizer vaccine are available from the NZ Ministry of Health website. [Here's a link to the web site.](#)

Change is coming and it's uncomfortable but after a while we will take it for granted and wonder how we managed without. Put your name down now it could save your or someone else's life!.

Roger C

## **Coming Up**

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
Committee Meeting	11 <sup>th</sup> November		
Bonfire Night	13 <sup>th</sup> November	Check email	Weather dependant, may be postponed again, check you mail.
MenzShed Barbeque	11 <sup>th</sup> December		At the shed
Committee Meeting	16 <sup>th</sup> December		
Santa Sleigh Kapiti Boating Club	29 <sup>th</sup> July	@ the Shed	Peter B to confirm details on 12th Dec



## We appointed two life members for service to the Shed

Congratulations to our 2 new life members Christopher Thomson and John Robinson in recognition of their long and outstanding contribution to the life of our Shed. Well done guys!!!

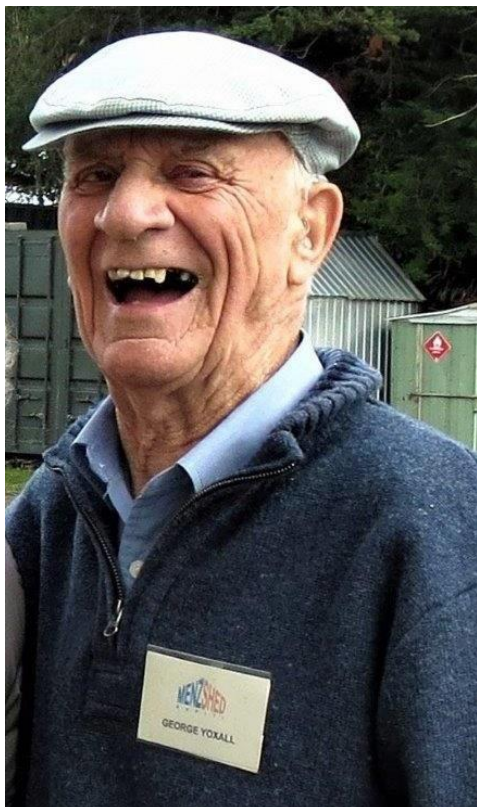


John Robinson with his uncorrected certificate



Christopher Thomson - he's always doing something round the shed

## George Remembered



It is with great sadness that I pass on this information that our long time sheddie, George Yoxall passed away this evening.

George was at the Shed this morning, (Thursday 4<sup>th</sup> Nov), all ready to continue on with his activities. He became unwell during the morning and an ambulance took him into Wellington Hospital where he died at 6:45.

Although George has had some health issues over the past year, he had had a good week at home in the garden and looked forward to being at the Shed.

George joined our MenzShed in July 2012 and was a great companionable bloke around the Shed. He will be sadly missed.

He died with his boots on.

His funeral will be held on Wednesday 10<sup>th</sup> Nov at 11am at Our Lady of Kapiti Catholic Church off Kapiti Road

## Letter from America

During lockdown members of the committee were taxed with making contact with members. Here's a response Alan Muxlow got from Phil Benner which gives an insight to life in the USA.

Hi Alan!

I can't believe you wouldn't call! Part of me wants you guys to have a webcam set up so I can 'feel' like I'm there with you. NZ is an amazing and beautiful place, but it was, no joke, you gentlemen that kept my sanity. I truly do miss all of you and I am still on the mailing list. Hopefully you are ok leaving me on the list for now. It really does bring back the best memories of NZ reading the emails and pdfs.

The "Mens shed" that I've seen on google over here are not all that close to me. Assuming they are the same organization, I will stop by the one in Erie, PA next time I'm up there. I would definitely start one here if it wasn't for liability laws being crazy.

I know it's probably hard for all the gentlemen to not be at the shed, missing the feeling of helping society and each other. BUT staying home is for the best. It seems your country, for the most part, understands that being patriotic means caring about your fellow citizens. And if that is as simple as staying home and wearing a mask, do it. It's that easy to care about your country and your neighbor and your own family. I don't get why that isn't understood everywhere.

I see things on clearance in our stores over here often and am tempted to buy some of the items to send to you/the shed. Things that I know you can use. So that might be happening in the future here.

Did the woodturners group in Raumati ever end up joining you up there? They had great speakers a number of times.

Please ask Gordon if he ever finished that corner cabinet for me? I would love to see it. plus I have a camera to send him here soon.

And if anyone has any pictures of the train stations in Waikanae up to Pukerua bay? and or photos of the trains? working on an 'n-scale' train layout of the area to be able to share with all that stop over.

Truly miss all of you, I really really do.  
Be safe over there.

Phil

**Hired a handy man and gave him a list. When I got home, only #1, 3, & 5 were done. Turns out, he only does odd jobs!**





## HAPPENINGS AT THE SHED



Hans VDH preparing the timber for firewood, only a small heap to go



Harold S takes the timber from Hans and cuts it to the right length



Scavenging a packing case for the plywood. Only 999 staples to go!



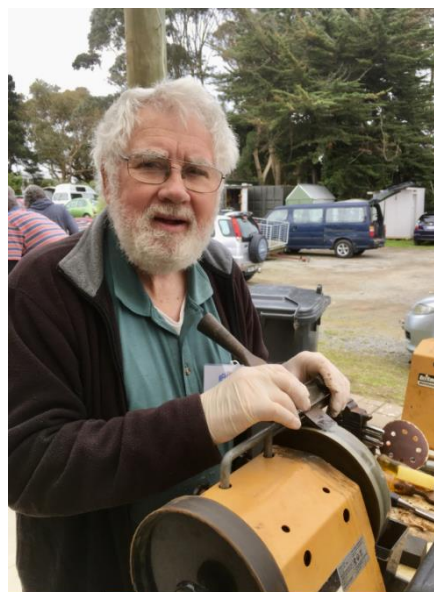
Ray W - always doing something in his enclave



The gardeners running a water supply to the front planter beds to make watering easier



Alan M telling his regular joke - somehow he reminds me of a Leprechaun



Ray Y - keeps things nice and sharp



Things are frantically growing in the gardens





An unusual Plant Pot stand we had in to repair. The base had rotted out, it was only MDF, and a leg had fallen off. Replaced the base with a piece of H4, courtesy of the 'Ratters', refixed the legs and cleaned it up. The owner was delighted. Roger C



We are making Gecko wall plaques for Raumati School. The red profile has been made and we are cutting a piece of plywood using the profile as the guide.

Unfortunately, the ply must be H4 for weather proofing and the router has a fixed high speed and tends to cause dust to catch fire. We kept a fire extinguisher on hand but it kept breaking router bits so the geckos will have to be cut with a band saw



Geoff N looking a little concerned that someone may have taken one of the 86 ratting tunnels he and his team have produced. They have every right to be proud of what they have achieved in producing traps.



Baby toy frames, (to dangle over cots), made by Skip. The Nest Collective, a volunteer group in NZ make baby stuff. Currently they are making their stuff for new mothers in Auckland who are in Lockdown.





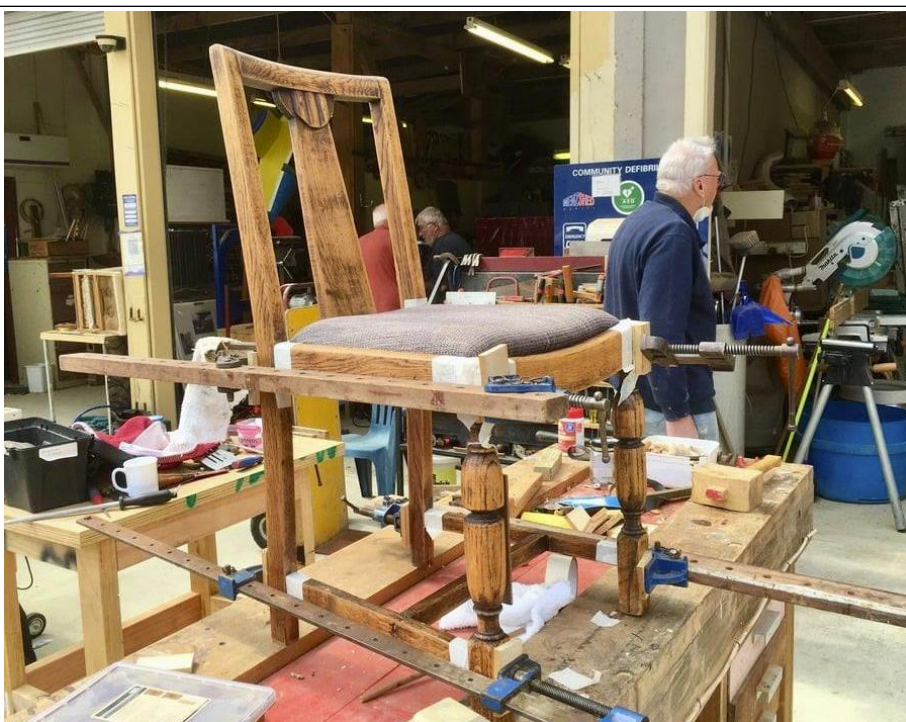
Roger K taking a turn



Skip doing finishing touches to a chest he and Gordon stripped and restored.



John P fixing a child's rocking chair



Imagine the work involved in putting this chair back together!

## **Home Security for Seniors**

Now that I'm old, slow and on a fixed income, I've disconnected my home alarm system.

I also decided to turn off my external lights and have resigned from Neighbourhood Watch.

To save money I've raised 2 Pakistani flags in my front garden, one at each corner and have the black flag of ISIS in the centre.

It's so good now, my neighbours, the Local Police, the Federal Police and the Armed Forces are all keeping watch on my house 24/7.

In addition, I am followed & watched everywhere I go. I've never felt safer, and I'm saving \$149.50 a month!





Trevor Mc in his role of trouser inspector  
looking for torn knees



Barry I. wanting a cuddle



Some kind of alien with his ray gun sander working  
on a table for us!



Somehow this cast iron seat side was damaged, the end of the arm was completely broken off. Doug W was able to put it together by brazing the metal. Derek C is just finishing off the initial priming and you can just see where the repairs were. Together they did a good job.

I have put dotted lines alongside the repairs.



## From a Baptist Church Pulpit to a Waikanae Wall hanging

American Oak panel recovered from the pulpit of the Brooklyn Baptist Church in Wellington when they moved out the carving was kept by a parishioner.

Gordon M was given the task of making this conversion. Unfortunately, the surrounds to the panel had been badly eaten by borer and so there was only the carved panel was able to be recovered.

This required a clean-up of the panel and then he re-oiled it. To finish the wall hanging he created a suitable frame from recycled rimu, and it completed a simple but elegant hanging.

A job well done which was much appreciated by its owners, residents of Waikanae Beach. Thanks Gordon.

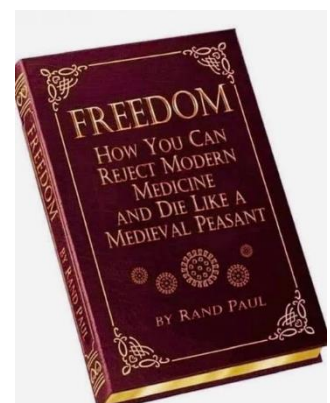


The original panel at the front of the pulpit



They should put more  
wine in a bottle....

So there's enough  
for two people.





## Moving the Foodbank

The MenzShed has offered to assist the Foodbank in moving from their original home which is to be demolished because of damp. Their new home is not yet ready, (more MenzShed work there), and they moved to a temporary location in Coastlands.

The Sheddies, together with the Lions volunteers to help them shift, everything, food, furniture, storage boxes etc., and it was estimated to take two days. Thanks to the large group of volunteers who turned up including a strong group of MenzShed members led by Trevor McIntyre, the move was completed in record time on the Friday – 2.5 hours. The things we will do to get a lie in on a Saturday morning!

Here are some pictures of the move:



We had to transport about 500 empty banana boxes, as you see some people had more success than others in managing them.

One advantage of working for the Foodbank is they make good sandwiches and look after us



## Workshop Progress

We are getting closer to the first concrete pour, foundation trenches are dug, some reinforcement installed and boxing to finish.



Peter H digging foundation trenches



Fixing reinforcement in workshop foundations ready for concrete pour



Peter H, watched by Ron Mc and Murray C, bending bars for the new workshop foundations



## The Lions Wendy House

The Lions Wendy house is an annual project for the shed and other organisations and is raffled off by Lions at Christmas. They started this one early July, and it was completed by the end of October. Well done guys.



Early days of construction, putting the framing together



Lockdown comes upon us!



From the inside, no room for adults to take a proper photo



Almost complete, just needs the decals



Finished and ready to go



The team that built the Wendy house. Noel T, John D, Jim F, Brian D, and Robbie Mc



## Mental Health First Aid.

Six Menzshed Kapiti members recently attended a full day presentation by the St John organisation at Te Awahou Nieuwe Stroom – Foxton.

The intention of the course was to teach the skills and knowledge to recognise and respond to someone experiencing mental health concerns

In New Zealand one person in six will be diagnosed with a mental disorder in their lifetime and 6% of people will have experienced mental distress in the last four weeks and probably more so during this pandemic.



Katherine from St John presented the course in a very knowledgeable and empathetic manner and we all had a comprehensive workbook supplied.

Her presentation and the workbook set out the signs and symptoms for good to poor mental health, which we all go through at some time in our life depending on internal or external factors, together with the appropriate care recommendations.

The green and light orange sections are considered normal whilst the lower two are more of a concern. When you see that someone you care about is moving toward dark orange or red it is important to seek help.

Tony Annandale, Peter Blackler, Cliff Daly, Roger King, Dave Porter and John Skene attended and I am sure they will be happy to be approached by the membership for more details of this important and challenging presentation we all attended.

	Signs and indicators	Care recommendations
<b>Healthy</b> Normal / functional	<ul style="list-style-type: none"><li>normal mood changes</li><li>normal sleep patterns</li><li>physically and socially active</li><li>consistent performance</li><li>physically well</li><li>eating normally balanced diet.</li></ul>	<ul style="list-style-type: none"><li>focus on task at hand</li><li>break problems into manageable tasks</li><li>good support systems maintained (home and work)</li><li>maintain healthy lifestyle.</li></ul>
<b>Reacting</b> Common / reversible distress	<ul style="list-style-type: none"><li>nervousness, irritability</li><li>feeling overwhelmed at times</li><li>difficulties sleeping, occasional nightmares</li><li>low energy</li><li>procrastination</li><li>decreased social activity</li><li>eating patterns in food increases/decreases.</li></ul>	<ul style="list-style-type: none"><li>recognise limits, take breaks</li><li>get enough rest, food, exercise</li><li>reduce barriers to seeking help</li><li>identify/resolve issues early</li><li>take personal responsibility for action.</li></ul>
<b>Injured</b> Severe, persistent functional impairment	<ul style="list-style-type: none"><li>anxiety, anger, pervasive sadness, tearfulness, sense of hopelessness, worthlessness</li><li>recurrent, vivid nightmares, restless, disturbed sleep</li><li>increased fatigue, aches/pains</li><li>decreased performance or workaholic tendencies</li><li>hard to concentrate/make decisions</li><li>eating patterns change – over/under-eating/loss of appetite</li><li>avoidance, withdrawal</li><li>recurrent intrusive thoughts/images.</li></ul>	<ul style="list-style-type: none"><li>tune into own signs of distress</li><li>make self-care a priority</li><li>talk to someone; ask for help; get help sooner – not later</li><li>maintain social contact; don't withdraw.</li></ul>
<b>Unwell</b> Clinical disorder, severe functional impairment	<ul style="list-style-type: none"><li>excessive anxiety</li><li>panic attacks</li><li>easily angered/aggressive</li><li>can't fall asleep/stay asleep</li><li>constant fatigue/illness</li><li>overt 'insubordination'</li><li>no appetite/over-eating as a pattern</li><li>absent from social events</li><li>alcohol/gambling or other addictions</li><li>depressed</li><li>intimate relationships impacted</li><li>suicidal thoughts/intent.</li></ul>	<ul style="list-style-type: none"><li>follow care recommendations</li><li>know resources/supports and how to access</li><li>seek specialist help/referral (GP/H&amp;W advisor/Chaplain/ peer supporter/ Employee Assistance Programmes/ manager).</li></ul>

**If you need help for yourself or someone else dial 111 or the Crisis Helpline on 1737.  
There is plenty help available and it is there for you.**

John S



**Gus Evans Nurseries is closing down and there are bargains to be had.**

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



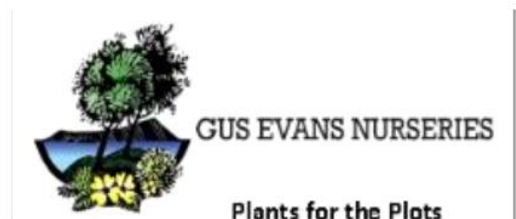
Electrical Apprentice Manpower



Printing Our Brochures



Driving The Website



Plants for the Plots  
& Community Projects



Boys Toys and Just Stuff for Community Projects

Remember these magnificent people when you plan your next special project