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NEWSLETTER -OCTOBER 2019

No. 132

## **COMING OUT OF LOCKDOWN??**

Fingers and other body parts crossed, this time we will remain in Lockdown Level 1 or better and not have to go back into the darkness of higher levels and can continue to socialise and have coffee with biscuits at the Shed – and to tell the truth both I and my wife missed Alan’s jokes – although sometimes I had to be circumspect and absent minded about remembering to tell my wife the joke! Thank God for convenient Alzheimers!

## **CHANGE OF EDITOR**

Nigel decided he could no longer continue producing the newsletter and I am afraid you’ve got me, Roger, as no one else volunteered. Been looking through Nigel’s earlier newsletters and his is going to be a hard act to follow. Will have to increase the size of the font and add more pictures if I am going to fill the same amount of space he did. And his was good stuff.

A bit about me, - ex quantity surveyor, estimator, specialist in electrical, plumbing, and mechanical building processes, ex computer hacker but still heavily into computers and electronics. Seemed to have spent most of my life doing up houses and learned a lot about practical building. Ex-president of Kapiti U3a, ongoing president of NZ Personal Computer Association. Married to Penny with four daughters who keep breeding grandchildren, wouldn’t send most of them back. Joined the Shed just before lockdown.

## **From the AGM**

At the AGM, a new committee was elected, the following members form the new committee:

Chairman	Tony Annandale
Secretary	Peter Rendall
Treasurer	Peter Blackler
Other committee members	Gordon McGavin, Murray Kennett, Cliff Daly, Doug Watson, Trevor McIntyre, Alan Muxlow, Ron McNulty, Gilbert Coom

The Annual Subscription was increased to \$30 per annum and it was agreed that the minimum payment into the ‘morning tea’ tin should be \$2

Before formally accepting the role as chair, Tony set out a list of priorities that he wanted members to work towards for the benefit of the MenzShed and our members.

Here is a brief summary of Tony's list of priorities:

1. To get the amenities block completed and ready for use. This will enable us to widen range of activities provided for the benefit of all our members.
2. To rationalise and better organise the amount of stuff we have around the yard. and make an inventory of what we have so we know what we have.
3. To identify and implement ways we can improve our support to members who for various reasons cannot attend or supporting members who are limited in what they can do when they are here.
4. Some members, especially new members it can be daunting to find a place to fit in and assist with projects. I would like to encourage these members and form more small teams to work on projects, tasks and activities both on and off site.
5. To encourage everyone to be more active in the planning, decision making and administration of the Shed. For example, make committee minutes and financial reports available for you to peruse throughout the year and not just at this once a year meeting.

### **Forthcoming events for your diary**

Just a memory jog of what MenzShed Activities are happening in the foreseeable future.

Make sure you have them in your own Diary.

Further details will be added as they become available

Event	Date	Where	Comment	
MenzShed Bonfire	Sat 7 <sup>th</sup> Nov	At Dave P's place	Note road is now sealed. If wet and cancelled it will be rescheduled until Sat 12 <sup>th</sup> Nov	
Festival of Fun	Sat 7 <sup>th</sup> Nov	Kenakena School	AT Shed 9am. At School 10 – 11. Santa Cart and Sleigh only	*
Committee Meeting	Thurs 12 <sup>th</sup> Nov	@the shed		
Visit from MiLife Village, Palm North	Wed 18 <sup>th</sup> Nov	The shed@		
Strawberry Festival	Sat 21 <sup>st</sup> Nov	Paraparaumu School	Trevor Mcl , PeterR to coordinate. Set up 7.30 – 8 Pack up 2.30 -3	
Kapiti Indoor Market	Sun 22 <sup>nd</sup> Nov			
Paraparaumu Beach Kindy	Fri 4 <sup>th</sup> Dec	Marine Gardens, Raumati Beach	5.30 to 6.30pm. At Shed 4.30pm Santa and Sleigh	*
Paraparaumu Dive Club	Sat 5 <sup>th</sup> Dec	Paraparaumu Beach Boating Club	3 to 3.30pm. At Shed 2pm Santa and Sleigh	*
Paraparaumu Kindercare	Tues 8 <sup>th</sup> Dec	5 Hudson Place off Mazengarb	6 – 7.30pm. At Shed 5pm Santa and Sleigh	*
Christmas in the Park	Fri 11 <sup>th</sup> Dec	Weggery Reserve	Waikanae Kindergarten 5-6.30pm. At Shed 4pm Santa and Sleigh	*
MenzShed BBQ	Sat 12 <sup>th</sup> Dec	@ the Shed	12 noon	
Committee Meeting	Thurs 17 <sup>th</sup> Dec	@the shed	12.30	
Amenities Block Opening	Early in the New Year		Watch this space!!	
			'Aged' elves needed to help Santa	*

## The Amenities Block



The amenities block is now making its presence felt, led by Murray C and Peter B. The AGM was held in the hall and, despite being a bit draughty, (the windows were not in), it was comfortable and in its current state had a 'Men's Shed Feel' being surrounded with timber framing and building paper. Somehow it will not feel the same in it's finally completed state!

As you can see the cladding is now substantially completed and the building fully closed in. Plumbing pipework is now run, and the electrical cabling substantially completed (assisted by Kiwi Rail apprentices). The front deck structure is constructed and is nearly ready for the decking.





## Men at Work



George Yoxall, David Waddilove, Ray Watling, Tony Whitney, & Dennis Kelly

At last the chicken coup is finished, Covid seriously impaired its progress. It sold for \$300, went very quickly. Maybe because it has already been 'christened', on the handle - probably by a passing chicken!



The 'Rat Trappers' Geoff Nisbet, Roger Currier (part time), Ray & David. Just completed an order from DoC for 15 tracking tunnels and yet another 25 rat traps





Personal projects are an important aspect of MenzShed, and John D is going to earn a few brownie points at home for this new very flash cutting board.



Ray Y – What would we do without sharp tools?



Chris T - Chris is always has something on and and readily available for a chat. We are always not clear about what he is doing but he will find you a job if you are short of something to do!



Ray W – The metalwork man, if you need something fixing or a piece of metal fabricating, he's your man. Here he has just made a new back plate for a lawn mower giving the machine a new lease of life.

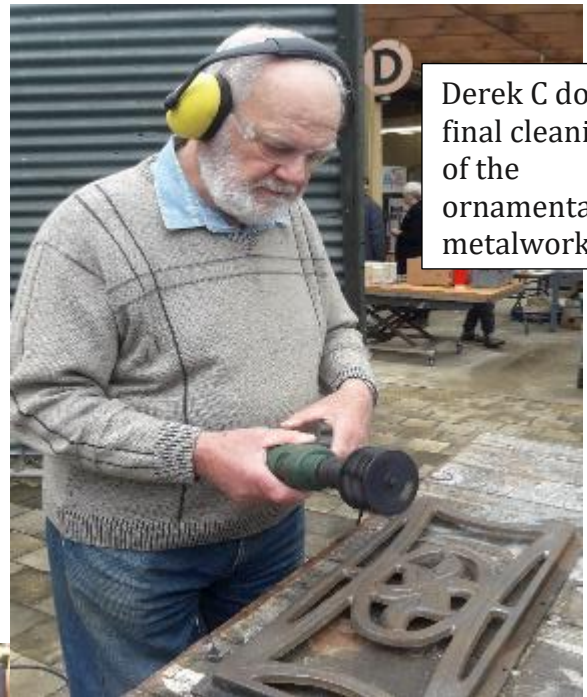


Derek C is our specialist in restoring metal framed garden seats and tables.

He disassembles the seat and soaks the ornamental metalwork into a trough of molasses and water (1:10) to remove the rust. There is still significant work required after the soaking, to remove stubborn rust and paintwork, then he primes and paints the metalwork to better than new!

The timber seating and rails are also completely replaced.

Here are 'before', and 'nearly completed' pictures of a seat Derek is currently working on.



Derek C doing final cleaning of the ornamental metalwork.



The picture below shows the effect of the molasses soaking process where the rust has floated off the ornamental metalwork and still shows it's profile.





One of the things Tony A requested at the AGM was that the site and the garages are cleared and tidied. Several teams have set to work doing this and here they are:



Noel T, Brian H and Dave P clearing and splitting logs team



The log splitters in work mode, the logs are sold for firewood



Trevor M and John S - Clearing and reclaiming metalwork for scrap



John S uses our magnetic nail collector to clear the site.



Grant F & David C - Getting rid of the branches from a fallen gum tree after a storm



The Firewood Team clearing the site of donated timber and MenzShed offcuts.



Barry L & Charlie L

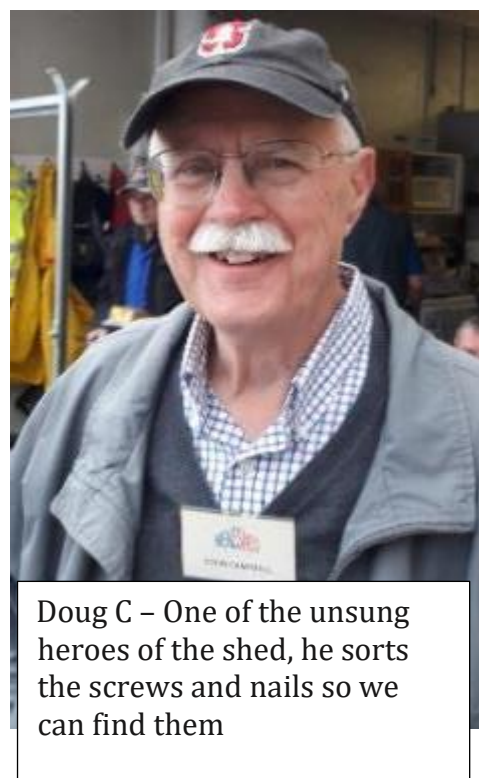


John F – Speciality pulling nails – not fingernails!

## Lions Wendy House

This is MenzShed Kapiti's Wendy House No3. Each one has got better than the last as concept sketches have become detailed drawings. Brian D is the driver of the project and he also makes a total commitment of his time to transporting it from site to site selling raffle tickets. A bit of a legend really. It is a very significant fundraiser for a local Lions.

The Wendy house was constructed by Brian D, Robbie M, Lex W and Richard T.



Doug C – One of the unsung heroes of the shed, he sorts the screws and nails so we can find them



## The Dolls House



This unique dolls house is almost part of our history. Its been at the shed for several years now and I am not sure if anybody can remember who originally donated it but there are comments about it being American and possibly in a hospital. It took Ray Young many many many sessions repairing and restoring it to a pristine condition.

This photo dated 2013, – yes that’s not an editing error it really was 2013, - shows Ray working on the house in a very uncluttered space that proves how long ago it was!



It was then stored in the upper platform while discussion continued as to how we would dispose of it - sell it, send it to an auction room or simply give it to a worthwhile cause.

During its temporary location over many years, it got damaged and that's another story. An enthusiastic member with the initials PB was drilling holes in a wall (with the dolls house on the other side) for some shelving, when the drill went through the **concrete** and slightly damaged the timber shingle roof.

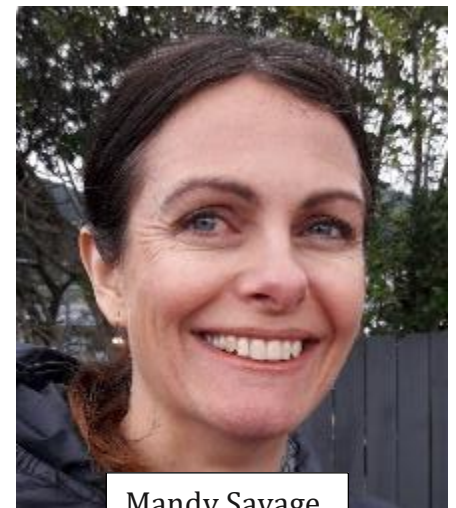
So when the recent big push for a cleanout resulted in it being brought down and final decision to sell it on Trade Me, a brief repair was needed. But the end result was a \$300 sale to a very happy and excited lady from ??? when she drove down to collect it and saw the actual house for the first time and who was going to add it to her personal collection - and why wouldn't she, with even the inside walls lined with antique wall paper.



Our work at the Cancer Society is coming to an end and I took the opportunity to go along and find out what has been going on. The manager, Mandy Savage - Senior Health Promotions Coordinator took me round and showed me what the MenzShed did and explained the role of the Cancer Society.

Here's what she said:

Oh the MenzShed has been phenomenal. They've been so good to us every single wall every single room in the Kapiti Support Center has had the MenzShed touch. It was really important to us in a small community that we had a private place for people to come to. MenzShed helped to install soundproof bats, solid core doors soundproofed, and they've helped to make this place really homely as well with their painting.



Mandy Savage

In particular they've been involved in the garden, the men have been here for months, particularly key members like Tony and Kevin, this place has been like the Bermuda Triangle they came about September last year, and they've never managed to work their way out.

They just keep coming back week after week. And bringing their enthusiasm and their skills and bringing other men in with them. That's been really important. We've had guys turn up that have constructed garden beds worked on the retaining wall, people with a passion and a knowledge of plants, putting in fruit trees, flowers and a vegetable patch.

The fantastic thing about MenzShed is that stuff gets done. We talk about what we want, and then things materialize. It's been amazing. Whether it's timber or supplies for the garden or things for the house. And they notice things you know, things that I haven't even noticed they'll look at and then suddenly it's improved, it's been brilliant.

One of its members also runs our mindfulness classes, which are really valued by patients. He has also done it over Zoom, which was really important for people. Our patients say they really got a lot out of it over lockdown.



Mindfulness is a course, it's a way of thinking and a way of remaining in the present. So it's teaching people about when they're going through the most stressful time of their lives when they're feeling out of control. When they're feeling highly stressed. Ways of reacting. He gifts his time. And our patients got a lot of benefit, I think some of them would come back every week.

We have a free nurse, Hillary, for our community. Any patients, any farnau or anyone can come in and request Hillary for information or ask her a question. Maybe they want to know about side effects of medication. Maybe they want to know what courses are available. Or maybe you just want some booklets and brochures. Maybe they want some help navigating the benefit system in terms of entitlements or transport allowances from the Ministry of Health. Or there may be a myriad of other support services that you're entitled to that you may not just know about. And Hillary is here typically Monday to Wednesday, because it's a free nursing service. No appointment necessary. You can make an appointment if you like but you can just any question anytime from the phones this way.

The Cancer Society is funded entirely by the good people that donate to our annual appeal every August. We're a charity we don't take money off the government. So we are entirely dependent on bequests and donations and volunteers efforts.

One day, a lovely lady, a member of the public came to us at a working bee and as we were digging in the garden I think she was putting in a clematis plant or some lovely vine. We were talking about how we were looking for a large big mac sled style bench seat and table so our patients or our volunteers can on a lovely day work outside or enjoy the garden. On the spot she decided to donate one in loving memory of her husband.

We have about 20 volunteers who help run the place, coming in for half a day a week

The bird feeders will be going in either today or on Saturday. We do have Tui I've seen and flax along our fence line. But I really can't wait to see all the birds migrate into the garden and speaking to patients they really appreciate seeing the birds every day when they come in. It's just something that they you know, who doesn't love a good Tui?



We have a small selection of wigs and we can direct you to a cupboard of wigs in the city where there are 650 wigs. So there's bound to be something to suit. We also have winter merino beanies - these are lovingly made by a retired tailor. So all our hats and beanies are of top quality. Some people prefer cotton for Summer people prefer and often the soft Merino for the winter. We have bags if patients need them and spacial silky pillows as well to protect a wound site say if they are wearing a seatbelt. Obviously you still have to wear your seatbelt if you've had surgery.

The new enlarged kitchen works well when we're hosting a group or when our lovely MenzShed volunteers need to pop in from the garden. Have a cup of emergency snacks. Our nurse, Hilary is a keen baker and she's often puts variety of food out for the MenzShed in the past. There's normally something on the go some something tasty that she's made whether its homemade gingerbread or biscuits.

There is a large counseling / whanau room. We can offer counseling and art therapy and at the moment the fantastic Peter Davies from MenzShed is running a Mindfulness course for our patients.

I then went out into the garden where I met Chandrika Kumaran the garden project coordinator who with Tony explained what they had done:

Before this was just a wasteland, surrounded by trees, we had to cut all the trees out. Bamboo was growing all along the fence line. We've dug out the bamboo. We dug a trench all along the fence and put in metal sheet with stones on behind.

We've put in raised planter beds with flowers and vegetables and the big concrete pad under the seat. This here is known as Ray's step, Ray from the MenzShed. The pad was poured and there was concrete left over and Ray came up with the suggestion. This timber border is known as John's wall.

We found a plaque in the ground, commemorating Edna, that was put in there in 1998 there was a big tree growing up over it. It's all been taken down. And that rose survived and was growing underneath the tree.

Now we're just sort of finishing off. The MenzShed is now going to pull back, that's our involvement over and we can get on with other things. In future will be managed by an informal group of volunteers who will maintain the garden



Chandrika Kumaran



## Forming the pad for the bench seats













## Planting Day



Tony A with Gus Evans (donor) and Cliff D





A low opinion of the photographer from Kevin & Tony!



Other volunteers from the Cancer Society





**The Finished Garden**



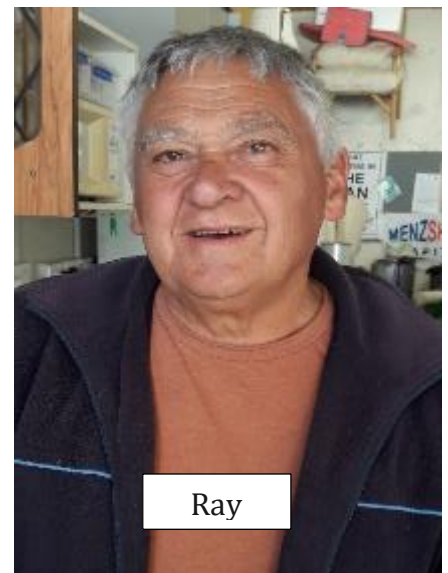






## **Recognising the Cancer Society team.**

(or rather those who were there on the day with apologies for anyone missed out)





## **Local Tui Love Our Feeders** – Nigel C

We have been making and selling sugar water feeders to encourage the nectar feeders in local gardens now for a few years. In fact, we have made and sold at least 40 of the feeders with 1.5 litre bottle reservoirs. The bird population response is just magic. But this year has been an exceptional year. This month I had visit from a rabble of about 30 tui in an instant after doing my bit and topping up the feeder. I went outside to put out a couple of halves of grapefruit for the waxeyes and replace the bottle on the tui feeder.

Within 30 seconds of me putting the new wine bottle on the feeder there was a lot of rustling of wings behind my back (about 3 metres away) and I turned around to birds over every bit of the feeder. Lots of jostling and posturing going on. The 1.5 litre bottle of juice lasted less than 30 minutes before the mob left and a few latecomers were at the feeder licking the splashes off every part of the structure. They must like my added ingredient, blackstrap molasses. I use less sugar and add maybe a teaspoon of molasses. (I like licking the spoon)



The photographs were taken well after the peak of activity because I had to go inside to get the camera. The tree is a crab apple tree but to the left is a very long fishing rod that the tui use as a



lookout (also loaded) and the feijoa tree behind is also full of birds out of site, Then the plum tree behind my back always has a few more watching over the rough and tumble.

Just an amazing experience. 10 to 15 birds are not too unusual but 30 plus birds is something very different. They mostly ignore me and just get on with bullying their way into the crowded feeder.

I have tried to include as many shed members in this newsletter as I could. I know I have missed the 'weta motel' team, and those doing upholstery and I promise to include them next time. Apologies to anyone else I may have missed. Maybe I will get it right next time??

## A special mention of important MenzShed Kapiti backers, local business, supporters and sponsors



Sound financial backing makes real progress with improving our community facilities possible



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

Plus that ongoing support for our projects and community activities.



Boys Toys and Just Stuff for Community Projects



GUS EVANS NURSERIES

Plants for the Plots & Community Projects



Printing Our Brochures



Driving The Website

Please remember these magnificent people when you plan your next special project