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Hi Fellow Sheddies,

This is short newsletter for June.



Come on Clarkie, you have had your break!





From the Editors desk

Email: whking@ts.co.nz

Hi fellow Sheddies

I have to tell you that I am writing this newsletter from our new ,self contained office at the shed, we now have all our information in one place, and Alan can do all his coordinating, Ian can do his financials all from the same place, at the moment I have Clarrie supervising from here and it seems to be the place to spend a few minutes having a catchup and see what is going on. Please feel free to come and have a look.

Well the AGM has been and gone with a very good turn out of members and plenty of discussion about our future and the new policies that all volunteer and charitable associations have to abide by.

A new committee was elected with the same number of executives, but we have increased the number of committee members overall to fifteen.

With this increase in committee members, the shed can now have individual committee members responsible for looking after certain areas. The members can elect to ask any Sheddies for assistance when they need a hand to carry out the jobs allocated.

The AGM also bought to light the need to have members given the opportunity to join some groups to maybe learn new skills, brush up on old ones, and maybe share some of their personal life journeys.

It is this last one that has encouraged Jimu to write an article that he would like to see happen, and I have put his dissertation on the next page.

I think that this year will be quite exciting with all the activity that is happening at the shed, and I would like to applaud Jimu for kicking off the year with his offer to look after these new sessions of getting more members being actively involved in the shed.

Cheers for now. Ed



Dear Sheddies.

I would like to see more of our members visiting the Menz Shed. We are continually improving the shed for the same small core of members. I am proposing a regular evening meeting (now that we have good lighting in the main workshop) where members can tell stories.



These could be on topics of your choice such as:

- My working life
- My first job
- Most interesting/weird/bizarre/crazy job
- Travels to foreign lands

Another hobby of mine

We have I believe allot of interesting people with stories to tell, and that we all would enjoy hearing them.

The story nights would have a smoko with a cuppa and a bickie, even the wife's/partners could come along too!

Please consider coming to the shed to either listen and/or tell a story. I intend to organise these,....would you be interested in this? Please contact me if you are interested by email at jimutesaxman@gmail.com.

I believe once you hear a few stories, you will remember a few of your own to tell.

Each story teller will be coached a little on their story so they can get some practise beforehand and encouraged to make it interesting and no longer than 15 minutes.

We will have 3 story tellers per night two before smoko and one after.

Story topics for the month will be advertised in the newsletter, and here is the basic format!

- Story One 7pm-7.20pm.
- Story Two 7.20pm- 7.40pm.
- Smoko - 7.40 till 8pm.
- Story Three - 8pm-8.20pm

All done and dusted by 8.30pm.

So fellow Sheddies don't be shy about telling a story, we will all be appreciative and supportive.....it's really just chatting to your mates down at the Shed (with a few other people listening) telling a yarn and having fun!

Whatdya reckon...are you in????

You can even tell Porkies.....whose to know!

Jimu





From the Coordinators desk

We have had a very busy time since the AGM.

The toilet has been completed with urinal in the old toilet room and a flushing toilet in room at rear. Both rooms have hand basins. These toilets go into a maseating pump which converts all human waste and loo paper to liquid which is then pumped into a large tank. We have to ensure that only human waste and loo paper are flushed down toilet as other items could block the pump.

The office has been completed and we now have an online computer installed.

The engineers have been busy installing a new drill press and pipe bender, fitting solar panel on forklift, building new roller tables for outside saw, building a trailer.

The woodworkers have been busy making lots of sets of French doors and windows each week. Terry ,Wynn and team have made 2 buddy seats for Tahunanui School. We have also purchased and installed a powerful dust extraction system and undertaken maintenance work for A & P Assn.

We have had large group of cubs come to shed for 2 nights to make Weta motels and Boys Brigade 1 night to work on a project.

A big thanks to all our members who have helped with these projects.

PD men have been cutting materials for rat traps ready for assembly.

It was very exciting getting 15 members put their names forward to go on our MENZSHED committee and at our first meeting on 14th June we will look at options to setup sub committees.

Best wishes,
Alan Kissell
Coordinator





MENZSHED Waimea Inc.
Minutes of the AGM
Held at 382 Queen St, Richmond
On 7th of May 2016 at 2:30 pm.

The meeting commenced at 2:30 pm with a welcome from the Chairman - Philip Chapman.

Present were: Philip Chapman, Ian Clark (Treasurer) Alan Kissell (Coordinator) John Rogers (Acting Secretary) Peter Doorman, Clarrie Merrick, Murray Heberd, David Reeve, Ian Grage, Dave Meier, Alan Schofield, Bill King, Noel Riley, Terry Garside, Wynne Goldie, Karlin Spiers, Finbar, Tony Nixon, Jeff Saxton, Fred Stade, Keith Swift, Bob Ferris, Ian Erskine, Gilbert Leov, Bruce Rudge, Tony Cutten, Gary Strathdee, Mike Crehan, Dave Arnold, Mark Hayes, Manfred Sauck, Chris Branje, Keith Jacob, George Inglis, Daniel Farley, Colin Bright, Keith Ross.

Apologies: Bryan Taylor, Jimu Grimmatt, Paul Trollove and Ian Carpenter.

It was moved that these apologies be accepted Alan Kissell /John Sowman – Carried.

Minutes of the previous meeting were read by the acting secretary.

Moved that these be accepted as a true and correct record. Colin Bright/Dave Meier Carried

Matters arising from the minutes: A question was asked re the proposed survey of members and the meeting was advised that this would be underway shortly by Bill King the newsletter editor.

CORRESPONDENCE

Inwards Nil

Outwards Nil

Moved that the inwards correspondence be accepted and the outward correspondence approved John Sowman/Alan Kissell

Carried

Chairman's Report

The Chairman Philp Chapman spoke of some of the changes that the shed was facing and especially in Health and Safety since new legislation came into force on April 4 2016. Philip made a special point of thanking Alan for all his hard work during the year and especially the way in which he responded to any requests for information. The meeting expressed their approval of Alan efforts with an enthusiastic round of applause.

Treasurers Report

Ian Clark presented a report on the Shed's finances and answered questions from the floor.

Ian moves that his report be received. This was seconded by Mike Crehan.
Carried





Coordinators report

Alan Kissell presented a very full written report (copy attached) on the Shed's activities in the past year and answered questions from the floor. He then moved that his report be received. Seconded by Terry Garside. Carried.

Election of Officers:

CHAIRMAN

The acting secretary called for nominations for the position of Chairman. As there was only one nomination (Philip Chapman) he was declared elected and resumed his position as chair of the meeting.

SECRETARY

There were no nominations for this position so this position remains vacant.

TREASURER:

There was one nomination for this position – Ian Clark and he was therefore declared elected.

COMMITTEE

The following were elected to the committee:

Noel Riley
 Terry Garside
 Colin Bright
 Peter Doorman
 Tony Cutten
 Bill King Newsletter
 Ian Grage
 Jimu Grimmatt
 George Inglis
 Ian Hobden
 Keith Jacob Sub Committee
 Dave Meier
 John Rogers



Move Alan Kissell seconded Ian Clark that these nominations be accepted. Carried.

GENERAL BUSINESS SUBCOMMITTEES

Alan Kissell explained that for the coming year the committee would be restructured with subcommittees reporting to the main committee. This would mean that the workload of the committee would be reduced.

MEMBERSHIP FEE FOR IHC MEMBERS

Membership fee for IHC and special needs members.

Alan explained that at present the fee was \$10/year and he suggested that this be increased. After some discussion it was agreed that a small subcommittee should discuss the size of the fee with Idea Services and then implement this fee.

ANNUAL SUBSCRIPTIONS

It was moved by Mike Crehan and seconded by Colin Bright that the annual sub be \$40 from the beginning of the next financial year. The motion was carried.

The meeting closed at 3:20 pm and was followed by a cup of tea and lots of food.





Welcome to the second week of Men's Health Month 2016!

It's Men's Health Month here in Aotearoa for the entire month of June 2016! **Men's Health Month** is a great time for NZ men and whānau to have a think about their health, how important being healthy is, and to start making some changes to become healthier. It's also an opportunity for the wāhine in our lives to support their tāne in living full, healthy lives.

#MenStartTalking is the theme for Men's Health Month 2016. When our mates seem down or in trouble the easiest option is to not talk about it. We don't know what to say or we think it will be the wrong thing. Not talking is killing hundreds of Kiwi men each year and stops many others from enjoying life to the fullest. A lot of guys only turn up to see a doctor when they are in a lot of pain. Many of these situations are avoidable by talking earlier and not leaving it until the last minute.

As part of the workplace programme being championed by the Men's Health Trust this year there is a small weekly activity to get whānau thinking about the health of our guys. Log onto the website at <http://menshealthnz.org.nz/mens-health-month-workplace> and take a look at the resources, information and links. There are no tests, exams or massive events you have to attend. It's the small things and the small conversations that might make a difference to the important men in our lives!

Te wero tuarua - the focus of the second week: Signs and symptoms

When we get unexplained pain, lumps, rashes or problems with the waterworks or in the bedroom, most of us hope it will go away by itself or we adopt a "*she'll be right*" attitude. If there is something we feel isn't quite right it's a good idea to get it seen to. It might just be harmless or we might actually dodge a bullet. Kiwi dad's are great at putting the health and wellbeing of our kids first and if we have a choice, we save our cash and send them off the doctor or the dentist before we take care of ourselves. Focussing on those aches and pains and getting them all checked out during Men's Health Month might make the difference for our kids to enjoy having their dad's and uncles around for many years to come. If you don't have a doctor go to healthpoint.co.nz to find one near to you.

Workplace activities:

- Get a local nurse or GP in for a few hours and invite staff to book in a 5 minute session to ask about any concerns. Research shows that employees who are healthy and feel their employer cares about them are happier in their work, more productive and have less sick days. Your guys are worth it.
- Book in some health checks. Find out who the health & safety person is in your office and see what programmes your employer has to offer. If there is an employee assistance programme (EAP) within your organisation find out who you can talk to.
- Download a copy of the '*Signs and Symptoms*' brochure attached to the email or download some of the posters on the website to put up around the office. Start a conversation.
- Many of us take a lead from people we know. If there are staff members that have been unwell or had a lucky escape, or even ordinary people doing extraordinary - ask them to share their story. Hearing stories from co-workers and work mates similar to us can make a difference. You don't need to be an ex-All Black or Silver Fern to have a great message for those around you. Everyday blokes are champs too.





We don't mind using the old stuff Dave!

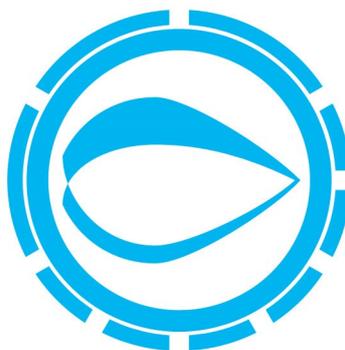


A lot of what we can do at our shed has been with the help of our sponsors, along with many individuals donating various items of equipment and machinery etc. and to help us appreciate this I have included their logos below. If I have left any logos out, it is because I do not have them.

Ed



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