

MENZSHED

- TAWA -

www.facebook.com/TawaMenzShed
www.tawamenzshed.org.nz

May 2023

New electronic tag-in system for use of machine tools at the Shed.



Many of you will now have been issued with an electronic tag to enable your attendance at the Shed to be recorded. Some of you even remember to tag out when you leave!

Over the next wee while a tag-in box will be progressively added to the power circuit of selected machine tools. To use the machine you will need to use your electronic tag. If your tag doesn't activate the power circuit then you haven't been granted permission to use that machine.

How do you obtain permission? Easy. Talk to your friendly supervisor, as you do at present to obtain the physical key. The supervisor will assess your ability to use the machine in question, bearing in mind that you may know more about the machine than the super does! She or he will also ask you about the nature of the work you wish to undertake and how many hidden

nails, screws and damp patches are in your piece of wood? When the negotiation is over, the supervisor can then update the tag-in system with a permission linking your tag to the machine. Bottom line is that we want this process to be common-sense and practical.

After that, you will never again have to beg the supervisor for the key to use that machine. Unless you break it! And the benefit for us is that we can then identify more accurately the circumstances of the machine failure. Big brother *IS* watching . . .

What if I forget to tag-off the machine when I have finished? Ah ha. We've got you covered cobber. There is a time-out function set up just for you.

What happens if somebody else tags into the machine I have tagged into? (Hopefully not while you are using it). The alien tag will tag your session off, but won't start a new session. The interloper will have to tag in proper like to get control of the machine. No fighting please!

As you can appreciate, this is all new and we are finding our way slowly, so there will be a few hiccups along the way. Patience please. Be kind to your supervisors.

I haven't got an electronic sign-in tag? How do I get one? Easy. Next time you are at the shed, just ask and the supervisor, or some techno whizz kid will sort you out.

What happens if I turn up to the Shed and discover that I have left my tag at home? That's it sunshine! You're on KP. Doing dishes for the week. Sweeping the yard. All that firewood needs cutting up. No tag required for that!

The m/c's we are planning to tag are the the expensive and dangerous - makes sense, they are
StopSaw, Thicknesser, Bandsaw, Hitachi Combo DropSaw, Electronic drill and maybe the new Sander



For those using the shed after dark, Ben organised to get a light for our entry way into the shed, with the help of John G and Graeme C they put it up to light our way. I think the most to gain from this is Gary Beecroft and the night class students.

The rotary sander is now back up and running, after meticulous problem solving and possible repairing we decided to throw the old one away and purchase a new switch assembly - so much easier!!



If your wondering why the delay in getting newsletter out - this is it!



A nice example of refurbishment at the shed - no idea who by??



Do women ever sit back and think "my man sure does know a lot, maybe I should just be quiet and listen to him"



Our new wood turning lathe



Not sure what is going on here but sure everything is OK

Graeme is looking very determined to find that bloody nail!!



George looking like the happiest guy at shed

StopSaw - REMINDER

Nick Crocker has pointed out to me something I have been wondering about for a while. When using the StopSaw, after taking your cut, and BEFORE removing your wood the red paddle is pushed in to stop the blade rotating. During this brief time of the blade coming to a stop - the sensors protecting you are still operational.

This protection and action of sensors is indicated by a flashing green light on sensor panel on front of m/c - the one we all look at when first firing up the m/c.

The important point of course is DO NOT remove your wood until blade has stopped or green light stopped flashing.

Excerpt below from StopSaw Operator Instructions - which we have all read - right??

Coasting Down — this code indicates that the blade is coasting down and that the safety system is ready to activate the brake if contact is detected. The safety system monitors the rotation of the blade while it is coasting down. If you touch the blade while this code is flashing, the brake will activate.

ALWAYS MAKE SURE THE BLADE HAS COME TO A COMPLETE STOP AND THE COAST DOWN STATUS CODE HAS CLEARED BEFORE TOUCHING THE BLADE!



Well our new sanding m/c has arrived - but surprise, surprise its 15amp, so new socket etc has to be installed before we can get it setup.

Patience, it wont be long.

This looks interesting - wonder what it will become??



Hope Graeme is not loosing sleep over this one - amazing affect on your eyes



Farewell to Ben

..... temporarily we hope? For those on the committee, Ben Chambers has been a great support to the MenzShed. He has been planning a move over to the Wairarapa. Ben started from scratch, purchased a section and is starting from there.

Ben organised to purchase a garden shed from Taita and wanted a hand to get it over to his new section. I volunteered and we duly turned up to "carefully" dismantle his new purchase. The guy selling it just wanted to get it off the premises and was happy to take sledge hammer, grinder, saw - chainsaw if he had it - to get it down, Ben had hard time curbing him!

It was eventually de-riveted, stripped down and floor sawn in 4 pieces then it was duly transported over the hill.



Ben found a spot, way, way over at back of his section, unloaded it ready to be assembled again at a later date. Before we left we had chat with Bens neighbours plus cows and sheep!!



It was then off to the pub for a well earned beer - Ben had to settle for soft drink because he was driving



Shed has now been assembled, amazingly Ben put it back together on his own, well done Ben - very pioneering!



His house has now turned up on a truck and the hard work has just begun.

House off truck on to some piles ready for continuing install to services etc. Next time we see it they will be sitting on verandah with wine in hand??



The item below has been sent out from “Head Office”. Loneliness is a serious problem around the world. Not sure if it applies to members of our shed - maybe. I know its nice to be at shed and even if I only have coffee and a chat watching others, I think I have achieved something - sometimes I even do..

I have been to some of the sites listed below, good advice etc. Feel free to share around. The very last line on next page is worth considering.



Men's Sheds Across the World

SPECIAL EDITION

LONELINESS

Who in the Men's Shed Movement is writing about Social Isolation and Loneliness? We want to see their articles!!

Male loneliness: the ticking time bomb that's killing men

<https://www.happiness.com/magazine/health-body/male-loneliness-time-bomb-killing-men/>

Avoiding loneliness is a challenge for some older adults living on their own – WBFO

<https://www.wbfo.org/2023-05-17/living-alone-older-adults-loneliness-coping>

Why Men are Primed for Loneliness

<https://www.happiness.com/magazine/health-body/male-loneliness-time-bomb-killing-men/>

Why So Many Men Feel Lonely Today

<https://www.psychologytoday.com/ca/blog/mens-mental-health-matters/202301/why-men-are-lonelier-than-ever>

continued on next page

How loneliness is killing men

<https://www.sciencefocus.com/science/how-loneliness-is-killing-men/>

The loneliness epidemic threatens our health as well as our happiness

<https://www.ft.com/content/5f712fe8-611c-405e-9098-09ccff95d6de>

How we can cure the loneliness epidemic

<https://www.ourmidland.com/opinion/voices/article/cure-loneliness-epidemic-18101860.php>

Canadian Social Survey: Loneliness in Canada

<https://www150.statcan.gc.ca/n1/daily-quotidien/211124/dq211124e-eng.htm>

A Kingdom of One: The Great Loneliness Pandemic and What (Not) to do About it

<https://c2cjournal.ca/2023/01/a-kingdom-of-one-the-great-loneliness-pandemic-and-what-not-to-do-about-it/>

Anxiety, depression, loneliness at highest levels among Canadians since early pandemic: survey

<https://www.cbc.ca/news/canada/toronto/anxiety-depression-loneliness-study-1.6327708>

The Devastating Toll of Men's Loneliness

<https://www.psychologytoday.com/ca/blog/fear-intimacy/202111/the-devastating-toll-mens-loneliness>

The Pandemic of Male Loneliness

<https://www.psychologytoday.com/ca/blog/life-smarts/202102/the-pandemic-male-loneliness>

Social isolation, loneliness in older people pose health risks

<https://www.nia.nih.gov/news/social-isolation-loneliness-older-people-pose-health-risks>

Understanding Social Isolation and Loneliness Among Older Canadians and How to Address It

<https://cnpea.ca/images/socialisolationreport-final1.pdf>

Older men's perceptions of the need for and access to male-focused community programmes such as Men's Sheds

<https://www.cambridge.org/core/journals/ageing-and-society/article/older-mens-perceptions-of-the-need-for-and-access-to-male-focused-community-programmes-such-as-mens-sheds/AE1978CD145F7A8122F632E02F384576>

Older men and social activity: a scoping review of Men's Sheds and other gendered interventions

<https://www.cambridge.org/core/journals/ageing-and-society/article/older-men-and-social-activity-a-scoping-review-of-mens-sheds-and-other-gendered-interventions/76C6C5DBD76D55AD2717BC4BB421AA4A>

The personal and community impact of a Scottish Men's Shed

<https://onlinelibrary.wiley.com/doi/abs/10.1111/hsc.12560>

A narrative review of Men's Sheds literature: reducing social isolation and promoting men's health and wellbeing

https://scholar.google.ca/scholar?q=Men%27s+Sheds+loneliness+and+social+isolation&hl=en&as_sdt=0&as_vis=1&oi=scholar

How does your Shed use messaging about loneliness and isolation?

What messaging does your Shed use to attract new members?

What messaging does your Shed use when applying for grants?



Tawa MenZshed Firewood Fundraiser - assistance request

This request was very kindly answered by Faith and with others too numerous to mention she is supplying the demand.

The annual sale of Firewood is a good little fundraiser for the MenZshed which has been co-ordinated for a few years. Banana boxes of mostly cut-up pallets and other off-cuts from menZshed operations, are made up and stored during the year in the garage beside the MenzShed, for sale at \$10 per box.

Faith has now become (maybe just while Richard is away??) co-ordination point for sales requests, money collection / banking, and delivery to Tawa addresses, as re-quired. Faith would like us all to look out for pallets etc. and grab them if able for her team to convert into firewood - but she cautions against using MDF and plywood

Please contact: **Faith**, Mob: 0273221372

Supervisors roster

Tuesday, 23 May	John Melville
Thursday, 25 May	Ian Harris
Saturday, 27 May	André Lategan
Sunday, 28 May	Neville Wong
Tuesday 30 May	Jack Fry
Thursday, 1 June	John Melville
Saturday, 3 June	John Holloway
Sunday, 4 June	Gary Beacroft
Tuesday, 6 June	Jack Fry
Thursday, 8 June	André Lategan
Saturday, 10 June	Stuart Lavin
Sunday, 11 June	Graeme Chamberlain
Tuesday, 13 June	John Melville
Thursday, 15 June	Ian Harris
Saturday, 17 June	John Gibson
Sunday, 18 June	Ben Chambers
Tuesday, 20 June	Jack Fry
Thursday, 22 June	Peter Nalder
Saturday, 24 June	André Lategan
Sunday, 25 June	Neville Wong
Tuesday, 27 June	Ian Harris
Thursday, 29 June	Bryan Hawkins

Next Supervisors Gathering is scheduled for Tuesday 8 August 10.30am.

For changes and further info please contact Richard Hebrert Herbert.r@xtra.co.nz 0274455942