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October 2023



Rotary

Tawa Rotary Club

Pride in Work Awards
October 2023



The Tawa Rotary Club's - Pride in Work - Awards, is organised with the Tawa Business Group, and gives Tawa businesses and organisations the opportunity to publicly acknowledge employees and volunteers who are outstanding performers in the workplace. The Men's Shed tawa has made a nomination.

Our nominee, Jack Fry has demonstrated a pride in what he does, and an excellent commitment to what we stand for, and great relations with friends, colleagues, members, and visitors to the Men's Shed Tawa.

Here is our citation which will be printed on the Award Certificate.

Jack, you have had an impressive career as a material scientist working in a wide range of projects such as the survey and restoration of Scott's Hut in Antarctica and a restoration of Hutts in the Auckland Islands which were erected by shipwrecked sailors. The list of your accomplishments in restoration and preservation of valuable artifacts and buildings and item is simply impressive whether it is a Maori Meeting House, bridges, churches, and marine items. After 30 years as a Scout Master, you now are now the Tools Manager for 600 tools at the Tawa MenzShed.


Gary Beecroft
MZT Chair

This is what the awards were about. Jack is certainly worthy to be nominated and on behalf of all our members I would like to congratulate him on being nominated for all the work he does for our community. Well done Jack

Rotary Tawa in association with Tawa Business Group

PRIDE IN WORK

2023



Celebrating our Employees

Rotary are seeking nominations for Employees or Volunteers of a local business or organisation who are outstanding performers in their employment and demonstrate pride in their work

Nominations from Employers need to be received before the 20th of September 2023. Forms can be obtained from pat.waite@outlook.com or info@tawabusiness.co.nz

A sponsored dinner will be hosted for nominees on 17 October 2023 at Tawa Bowling Club, Davies Street with all nominations awarded a certificate. Nominators and supporters are invited to attend at \$30 per head

Rotary Tawa

TAWA Business Group

Rotary Tawa

TAWA Business Group

Tawa Rotary Pride in Work Awards 2023

Let's celebrate your employees

The Tawa Rotary PRIDE IN WORK AWARDS, organized in conjunction with the Tawa Business Group, gives Tawa businesses and organizations the opportunity to publicly acknowledge employees who are outstanding performers in the workplace.

CRITERIA FOR NOMINATIONS

- Open to local businesses or organizations defined as businesses based in the area between Wellington's northern boundary with Porirua city and the southern end of Grenada North, and Takapu Road to the east and the western hills of Tawa.
- The employer's candidates will be an employee who has demonstrated an ongoing sense of pride in the daily work that puts him/her on an excellent standing with their employers; and/or all the work colleagues; and/or the general public who they serve. This employee will exceed the employers expectations in the role and they have gone beyond employment expectations, and be achieving excellent outcomes.
- One nomination per employer or organization

THE AWARD

All nominees will receive an award and will be invited to attend the dinner to be held in conjunction with the Tawa Business Group, on October 17 2023. A presentation of certificates with a citation from the nominating employee and acknowledgment of the efforts will feature in the event. Nominees will be invited to a sponsored dinner on 17 October 2023. Nominators and supporters are invited to attend the dinner at \$30 per head.

There will be associated publicity and local news coverage of this event as deemed appropriate.

NOMINATION FORM

Nomination forms can be downloaded from www.tawarotary.club or www.tawabusiness.co.nz and scanned completed copies should be emailed to pat.waite@outlook.com. To be received before 20th September 2023.

FURTHER INFORMATION

For more information email Tawa Rotary: pat.waite@outlook.com or Tawa Business group, Bernadette Pallister BID Manager: info@tawabusiness.co.nz

Tawa MenzShed project for Lower Hutt RSA

Tawa Menzshed recently completed a project for the RSA making two stands for WW1 steel silhouettes. We were approached by an RSA member Mike Collet who lives near the MenzShed in Tawa and asked if we could possibly make two stands for their large sheet-steel soldier cut-outs. From the photo you can see the silhouettes are quite large and are made of 3.5mm sheet steel.

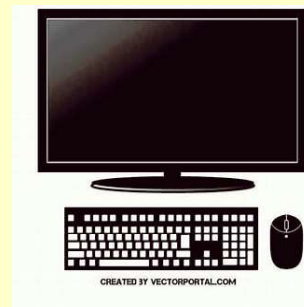
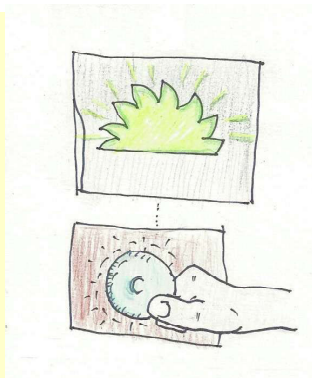
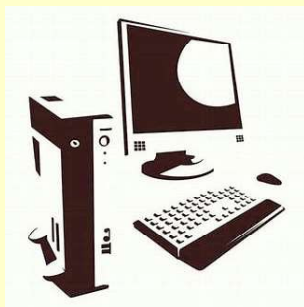
MenzShed members Andre Lategan and Jerry Ball made the stands over a few weeks, with expert advice and support from Nick Crocker and Graeme Chamberlain.

The photos show the stands in more detail, Andre and Jerry with the final products at the shed before handing over the the RSA, and the stands with both figures installed.

Feedback from the RSA members was that they are "overjoyed with the job".



The Tawa Menzshed would like to advise our members and its with great sadness that we inform you of the passing of Karen Harris. She was a very active member of the Tawa community. She was the wife of one of our early members Ian Harris. We would like to send to Ian and family our deepest condolences.



Due to popular demand, every shed in NZ (OK, just a few then) wants our software system for check-in and machine security.

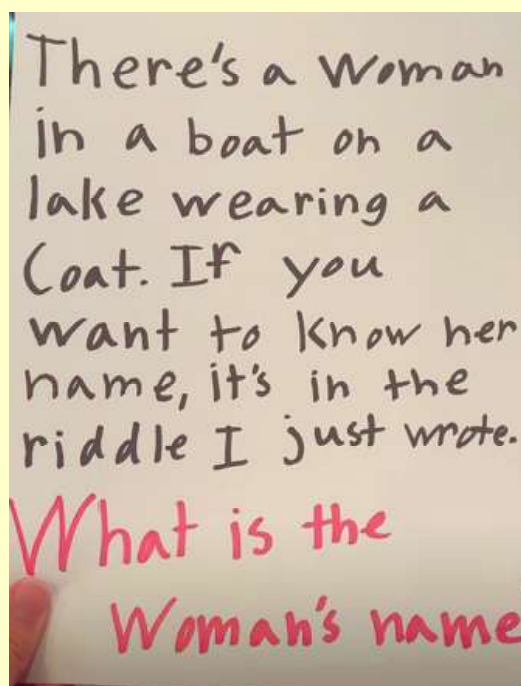
Tawa MenzShed proposes to publicly release all of the details for its hardware and software system for recording member attendance and enabling proficient users to have secure access to specified machine tools. This will be released some time before mid-2024 on an open source platform GitHub. This will ensure that all hardware and software is properly documented so that any Shed can make and implement their own system using this open source material.

In addition, on an ongoing basis, the collaborative nature of this open source platform means that any issues or enhancements can be seen by all users, who can then manage any upgrades or modifications that they may choose to implement. We are taking this open source approach because, as a Shed, we do not have the resources to respond to each and every enquiry, or for that matter to resolve every individual implementation issue. The collegial nature of this open source platform will, in most cases, result in all problems being resolved, not by a single resource, but through wider collaboration.

In the meantime, interested potential users are welcome to visit Tawa MenzShed any time we are open and see the system in action for themselves. They may even chose to have a cuppa while they are here, and go away sorely amazed as to how clever we think we are.

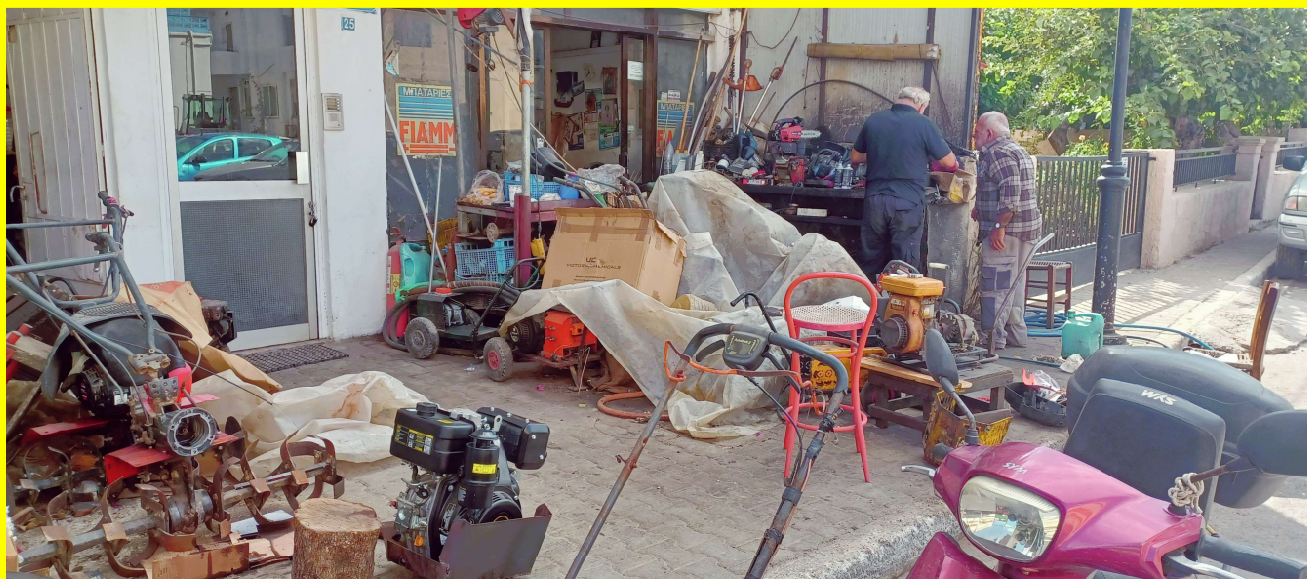


This is a sign on the banks of the river in Brisbane, everytime I see it I have to confirm it says what it says - I hope who ever came up with it still has their job



Answers on a postcard to: _____

Below is a picture from our International Correspondent, and I have it on very good authority this is a scene from a Menzshed in Crete. If someone could verify I would be delighted.



BBQ Sun 11 November

We are organising a BBQ , more news will come out closer to the time, ALL WELCOME, bring the boss



Wood Guild

Nick Crocker of the Woodworkers Guild is planning to hold a Guild Session this Saturday 14th October.

They are tackling several things - small band-saw boxes, maybe some toys and some steam bending - just some of the things mentioned.

Not sure what you need to bring, contact Nick to find out more:
alopex@actrix.co.nz

These sessions are always facinating and never fail to learn something.

AGM Sept 2023

Our AGM has been and gone, it ran like clockwork. Only a couple of things to report - Ian Dennison is now on our committee, Ben Chambers is off - gone over the hill - literally!! but you're always welcome back Ben.

There was still talk of a container - (or 2) turning up sometime in the near future??

Our Shed's next big community project.

We are assisting the Tawa Residents Association to install a free community BBQ in Wall Park, Linden. The Shed will be involved in four different aspects of this project which has a target completion date of 15th December.

The Shed will be prefabricating the form work for two concrete slabs. This will be done at the shed. Carefully and accurately. Well, we are supposed to be good at measuring, right?

Next we will be on site at Wall Park installing the formwork, steel reinforcing mesh and positioning bearer brackets to support the BBQ canopy. But only after other contributors have dug the holes, installed "safety" fencing, and found the electrical conduit for the BBQ power, which believe it or not was installed 3 years ago! (A friendly contractor is expected to front up with a truck full of ready mix, pour it into our form work, level it off and polish it to a nice smooth finish.)

Meanwhile, back in the Shed, we will be prefabricating two trusses for the BBQ shelter canopy and precutting, pre-drilling and otherwise preparing sundry other bits of the final structure such as supporting posts and roofing iron. Somebody will have to count the bolts. And nuts.

Finally will come our big day (or 3?) on site at Wall Park where our cunningly designed and precisely prefabricated BBQ shelter will go together just like Lego. Or Meccano? Yeah right! Never mind. A large sledge hammer will be available on site to "assist" with ill fitting bits.

No doubt there will be minor changes along the way. Like having to assist with the installation and removal of the temporary fencing? Or the formwork? Or general tidying up?

So. **Team effort.** We will be announcing key dates as we go along and calling for volunteers.

Please be prepared to help your Shed contribute to this important community project. Overall we estimate 3 or 4 days work in the Shed and 3 or 4 days work on site. If enough of us get stuck in that is?

If you want to offer your services and be a part of this project please contact John Gibson or a supervisor and your name will go on the list - and thanks



These sheets may have gone by now but if you want some get in quick and ask

We currently have available a mountain of untreated LVL (more commonly known as ply wood)

920 x 554 x 37mm - 1800 pieces

1597 x 258 x 37mm - 500 pieces

Plus a few other sizes.

You can use this for all sorts of projects, or laminate it to make bench tops, etc.

As usual it will be first in gets the goods

If you are interested let us know, and get your truck and trailer organized.

Cheers – Shedding has to be a great time in life

John Bush

Shed Coordinator / Manager

Masterton Henley Mens Shed

7 Colombo Road, Masterton, 5810

New Zealand

0274 999 430

<http://henleymenzshed.kiwi.nz>

Registered NZ Charity CC49434



Supervisors Meeting

There will be another get-together of Supervisors on Saturday 14th October.

Another opportunity for supervisors to share experiences and ask some questions

Ther

MENZSHED TAWA DAY SUPERVISORS' ROSTER September - October 2023

Tuesday, 10 October
Thursday, 12 October
Saturday, 14 October
Sunday, 15 October
Tuesday, 17 October
Thursday, 19 October
Saturday, 21 October
Sunday, 22 October
Tuesday, 24 October
Thursday, 26 October
Saturday, 28 October
Sunday, 29 October
Tuesday, 31 October

Gary Beecroft
Peter Nalder
John Holloway
Neville Wong
Gary Beecroft
Jack Fry
John Gibson
Peter Manson
Nick Crocker
Gary Beecroft
André Lategan
Graeme Chamberlain
Bryan Hawkins

Shed Health and well-being.

This invitation was recieved from our Regional Rep Murray Cambell. Gary organised for himself, Faith and myself - who were interested and able to go on the day.

Interestingly it was "Prostate Awareness Week" - we did get some advice - and offers, which we declined.

It gave me the opportunity to see the Kapiti shed. Its quite a size and still expanding. I spoke to their electrical guy about Tag testing - it was his opinion that tag testing may be abandoned ???

Not sure what or if something will take its place. There were some meaningful discussion regarding applying for grants, using the National website for answers to all sorts of question, Faith and Gary took notes, they may be able to answer further questions - I didnt take notes so I'm trying to remember!!

Shed Health and well-being.

Hello, as your regional Rep, I am extending an invitation to your shed to attend a hub meeting, hosted by the Kapiti shed on 19 September, from 9.45 am till around 2 pm.

Broadly speaking the theme for the day will be Health and well-being, as I am hoping to gather data as to what sheds do in this area of shed activities, if anything.

As we proceed, I want to know what sheds want, need or expect from the National Executive, & how many of you avail yourselves of the discount opportunities from a variety of companies and organizations, and how many use the Tool box on the national website?

Murray Campbell

Regional Rep

Regrep3@menzshed.nz

021 070 2258

We have been getting our electrical tools tag tested, it costs us money. If the system is not going to be abandoned we are going to have to keep on getting it done. Would it not be possible and pay for itself if we purchased a small reasonably priced unit and do it ourselves?? The reason I am putting it in N?Letter, I'm hoping someone might have a Pat Tester we could use or purchase, its a long shot but you never know!

Depending on use etc some items require multiple tests a year.

As I understand the regs, you don't need an electrical license to use - just know enough to know what the testing is for. You can go on specific training sessions to aquire the required knowledge.

I would welcome members opinions on this and especially welcome a Pat Tester and see if we can resolve this issue.

JohnH

Ed



Wood contains certain compounds, called extractives, that range from being benign to all humans, to allergy-inducing for some, to acutely toxic to all. A sensitivity or allergy can be endured to a point, while toxicity can, in the most extreme cases, end in organ failure and even death. This article will break down the science and terminology around these bioactive compounds in wood, identify their negative effects, and explain how to mitigate them.

Part of what complicates the matter is that different people react to the same compounds differently, making it hard to sort out whether a wood is toxic or just irritating. Also, research in human subjects is limited for many woods, so in some cases we are left to draw conclusions from animal studies and anecdotal evidence. When it comes to allergies and toxicity, wood scientists like me talk mostly about end-use — specifically skin contact and ingestion, as opposed to breathing in dust during manufacturing. But anything that will cause problems when touched or ingested will cause worse problems as dust, which has much more surface area for transferring those dangerous compounds, and can be breathed into airways and lungs — warm, moist environments that make the transfer more effective.

It's important to note here that **wood dust is a known carcinogen**, no matter the species — ***so collecting it at the source and filtering it properly are critical for all woodworkers.***

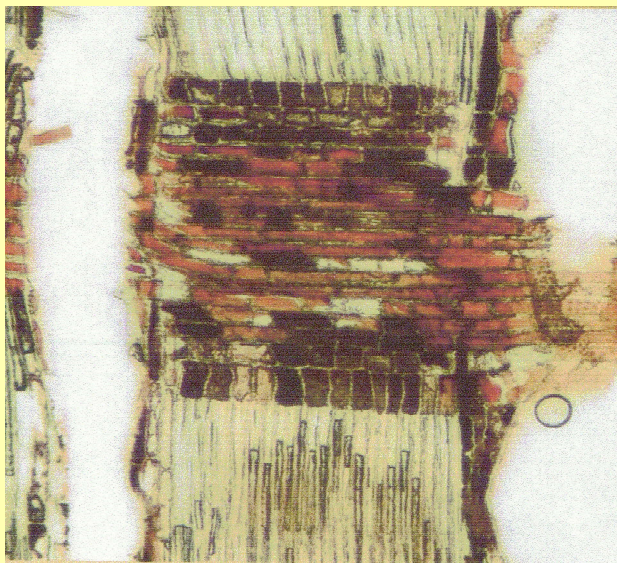
Understanding the basic terms

Let's start with the types of reactions people have to wood, which can be a little confusing. The first type is a sensitivity. Some medical literature defines sensitivities as reactions without an immune response, while other researchers define sensitivities as delayed immune responses. In practice, sensitivity is a catch-all term, used when a person is having a reaction but can't identify why. For example, of the people who report adverse reactions to gluten, many do not have celiac disease, IBS, or any other known cause. With sensitivities being difficult or impossible to diagnose, I'll focus on quantifiable reactions, namely, allergies and toxicity.

Allergies vary for different people —

An allergy is a histamine response. Humans can be allergic to practically anything, from

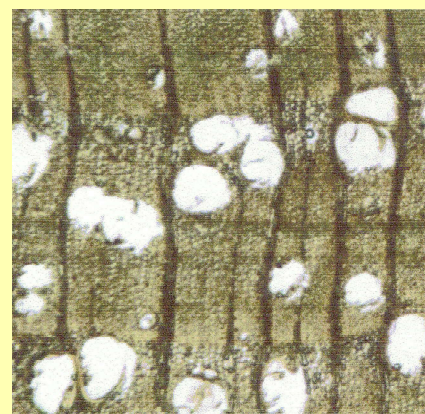
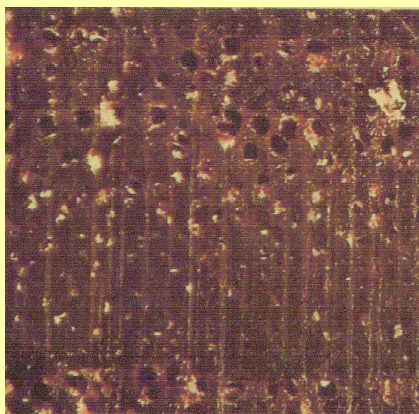
Extractives are the culprit



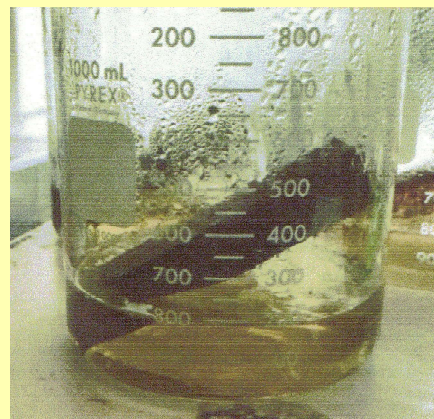
Trees store nutrients in stacked **ray cells** that radiate out from the centre of the trunks. When sap wood turns into heartwood, excess nutrients are converted into extractives, which act to ward off pests and decay, especially important in wet, tropical environments.

Extractives are formed in the rays.

Dark extractives fill almost every **ray cell** in this tropical wood.



Tropical woods have more extractives. Teak, found throughout Asia, Africa, and The Caribbean, contains a number of extractives that produce its dark colour and oily feel. These characteristics are evident on the surface of a board (left). In a magnified cross-section (right), all of the brown colour and tinting are extractives.



Extractives can be transported by water. Extractives can be transferred to humans either through dust breathed in when milling or sanding, or via contact with skin, food, or saliva. And water can transfer extractives. After being boiled for 30 minutes, the water around a block of hard maple (left) is clear, due to the wood's relative lack of extractives. The same test conducted on walnut (right), which has more extractives, turns water brown.

SawStop User Guide V2

The SawStop table saw has a safety mechanism that almost instantaneously stops the saw blade if a part of your skin accidentally touches the blade. Triggering the brake cartridge destroys the blade and cartridge. This helps protect people in case of an inadvertent accident. However, no **wet wood** or **metal** must be cut. It will trigger the safety mechanism. It costs \$300 to replace the blade and brake cartridge, so careless triggering of the safety stop must be avoided.

Do not rely on the SawStop safety system to protect against unsafe operation. Although the system is designed to react and stop the blade very quickly in the event of accidental contact, it cannot react until contact is detected. So long as you do not touch the blade with a fast action of your hand/finger, then you may receive only a minor injury, even with the SawStop safety system. Therefore, always use safe operating practices, and use the blade guard, push stick and other safety devices whenever possible.

Do not disconnect or turn off electrical power to the saw before the blade has stopped spinning. If electrical power is interrupted while the blade is moving, the **safety system will not be active** and therefore the brake will not activate in the event of accidental contact.

The saw has **red** and **green** LED lights which flash to provide error messages. See the poster on the wall of the machine room to interpret the flashing sequences.

CAUTION! The manufacturer advises that, when adjusting the height or tilt angle of the blade, reverse the hand wheel slightly to release tension after reaching the limit stops. This prevents any slight twisting of the cast iron assembly that might affect blade parallelism and table alignment.

Do not retrieve your wood from the saw until the blade has stopped spinning. It only takes a few seconds wait.

Do not perform any operation freehand. Freehand means not using a fence (for rip cuts) or a miter gauge (for cross-cuts) to guide the work piece as it is being cut. Always maintain firm control over the material being cut.

Use the blade guard/spreader for every operation for which it can be used, including all through sawing. If you cannot use the blade guard/spreader, you **MUST** use the riving knife (which hangs on a hook on the left-hand side of the saw).

Keep hands out of the line of the saw blade. Stand to the left-hand side of the wood piece. Use a push-stick when required, preferably a push block when possible. Try push the wood in the middle – if you push off-centre it will try rotate the wood against the blade and could cause kick-back.

Know how to reduce the risk of kickback. Do not stand immediately behind the saw blade – stand to the side - **you could be hit with considerable force by your wood if kickback occurs**. Kickback can seriously injure you!

Never reach around or over the saw blade while it is spinning.

Do not disable the brake system.

The height of the saw blade can be adjusted from 3mm below the tabletop to 79 mm above the tabletop. For through-cuts (i.e., cuts where the wood is cut through its entire thickness), the blade height should be adjusted so that the top of the blade is no more than 3 mm to 6mm above the workpiece.

Do not use the fence for cross cuts – use the mitre gauge. Move the fence well away from the workpiece so that, even if the workpiece accidentally rotates, it cannot touch the fence. Using the fence for cross-cuts exposes you to the risk of kick-back. (Cross-cutting is when you are cutting across the grain.) As a rule of thumb – if the distance from the fence to the blade is longer than the length of your wood piece, you expose yourself to kickback because the wood can rotate between the fence and the blade, causing kick-back.

It is recommended that you watch <https://www.youtube.com/watch?v=8f8VWwtaudU> for further information about kick-back.

A good beginners how-to guide for using a table saw can be found at :

<https://www.youtube.com/watch?v=tKtEOsTFi8g>