

Pacific Health Centre Broadway

Some of the jobs this week are at the Pacific Health Centre's clinic on Broadway. No, not the New York Broadway, the local variety just beyond the airport.

There are shelves, a towel dispenser and coat rack to be erected and a key safe installed. The work will be pleasant because of the people there. Two gorgeous receptionists and a little nurse with a naughty sense of humour. She wanted a loan of my stud finder for the benefit of the receptionists.

And yes, John S is actually doing the work just to prove he doesn't spend all his time just talking and taking pix of sheddies.

Table Finished

Don Matheson has finished refurbishing and repainting the table for the Kilbirnie Plunket and they are due to collect it this week.,

Visiting the Dentist

Whilst on the subject of health, sheddies might like to know that they can obtain low cost general dental treatment at the Wellington People's Centre.

I had cause to visit there this week and was most impressed.

Too often when you visit the dentist the first you know about the cost is when you get the bill.



No matter how well and often you clean your teeth, the dentists I've visited always get out their electric brush, and what tastes like Ajax powder. "Just a quick clean" they say and that's another \$75.

At the Wellington People's Centre I was told cost of the initial check up and x-rays before the appointment. There was no automatic brushing of the teeth because I was told mine were just fine. When the examination was over I was given a print out of the suggested plan of action, and the cost of the work.

I noticed in their leaflet that the cost could be reduced even further with help from Work and Income. I rang the People's Centre to query this and was told they would complete the appropriate forms and fastpost them to me. "Take them into WINZ", I was told, "and you may get a grant to help cover the cost of dental treatment".

The Wellington People's Centre provides other services beyond dentistry that might be of interest to sheddies. You can find them at 2 Lukes Lane, just down from the Opera House (see map), or find them on their web site:

<http://wellingtonpeoplescentre.org.nz>



More Tools Coming

Our Treasurer, Jim Yates, had a message from Steve Jardine that we had been left the tools from the workshop of an elderly man who'd died recently. Now we need some more sheddies, and some more jobs to take advantage of this bequest.

Toxic Timbers

A lot of the work that we do at the shed involves the user of timber. Now wood may seem a friendly inert material, but it can also be quite poisonous, especially the dust if you're sanding.

Here is a list of some of the toxic timbers you may encounter.

Australian Grass Tree
Cestrum - all species
Indian Bead Tree
Japanese Wax Tree
Kowhai
Laburnum - all species
Ngaio
Oleander
Poison Ivy
Smoke Bush
Tutu
Yew

That's by no means an exclusive list. There are others, especially some of the exotic timbers that we may encounter.

The best way to avoid trouble is to wear a face mask and goggles when you are sanding. The dust can irritate the eyes or get down into the lungs. It's better to look like a bit of a wus in your goggles and mask than have sore eyes and a chest infection.

The MenzShed is open to all Wellington men, but especially those in the older age group, who for many reasons, may be feeling isolated or alone.

We offer a place where you'll companionship, and a chance to revive your old skills, or learn new skills.

We help Kindergartens, Plunket, Refugee Services and other community groups by repairing and painting broken furniture. We have a great collection of tools. The workshop meets from 10 to about 1pm on Thursdays.

You don't have to work at the MenzShed. On Wednesday afternoons there's a Grumpy Old Mens session from 1 to about 3 when we just sit around drinking coffee eating stale biscuits and moaning about the world in general.

Come and join us. You're bound to find something that will interest you.