

Action Team Helps Mary Potter

Well, not Mary Potter herself, but her Hospice Shop at Miramar.

The Hospice needed help with storage and wanted carpet and lino laid in the offices out the back. Amanda Shrapnell had a set of metal storage no longer wanted and the City MenzShed Action Team did the hard work.

Stuart Hudson, George Sutton, Les Collins and Jim Baltaxe gave up their Sunday morning.



They moved the fridge, the kitchen tables and that big steel cabinet; measured and laid the carpet; measured, cut and laid the lino; put the furniture back in the kitchen - all in two hours.

Tools Old & New

We have culled our old tools. A survey showed that we had about a dozen hand planes, and more elec-

tric planes drills and assorted others tools than we needed. We initially offered them to the other three Menzshed in the Wellington but when they weren't wanted we sent them for auction.

In the meantime we are in the process of buying some second hand tools that will be an improvement on our current collection.

A Free Health Check For You?

You may qualify for a free health check. Some of you may know that I've been part of a Massey University research project looking at the health of the more mature members of our community. I think I'm on the almost too old end of their sample groups and their looking for some new people to help them in their research.

On next Wednesday, 28 May Dr Daneille Lambrick will be calling at the shed to informally chat with anyone who might be interested in taking part in this research.

If you're imagining some elderly grumpy doctor type I can assure you, Dr Danielle will make you want to be young again.

Here's the formal notice from Massey

Dr Danielle Lambrick and Dr James Faulkner from Massey University, along with their postgraduate research student, Rebecca Grigg, are looking for volunteers for an exercise and health research study that they are currently running.

This study is looking into the effects of exercise on cognition and hopes to demonstrate that moderate levels of activity can improve cognitive function in older adults.

They are looking for men and women, aged ~ 60+ years to take part in the study, which will also provide you with a free health assessment.

This health assessment will involve measures of blood pressure, blood glucose, cholesterol and more, and will give you an indication of your current health status in relation to an overall cardiovascular disease risk.

I shall aim to come down at 1pm next Wednesday, John, and if possible, I shall bring Rebecca with me.

Dr Danielle Lambrick (PhD, BSc, AHEA, CSci)

New Zealand Trees

Black Maire (Nestegis Cunninghamii)

Black Maire is one of five Nestegis species which are endemic to New Zealand.

When cut black maire has a pleasant beeswax smell, and it needs to be worked with very sharp tools, but will produce an excellent finish with minimal sanding, and its natural waxiness results in a highly polished surface.

It is especially suitable for making fine furniture and cabinetry. It will produce a good finish straight from the chisel, and takes finishes well, wax finishes being particularly suitable. It has a tendency to produce hair cracks that can produce some challenges.

The MenzShed is open to all Wellington men, but especially those in the older age group.

We offer a place where you'll find 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.

We meet from 10 to 1pm on Tuesdays Thursdays and Fridays, and 12 to 3pm on Wednesdays.

You will find us at the old Chinese Mission Hall, 46 Frederick Street.

Email - info@citymenzshed.org.nz

Phone - 04210-3003

Website - www.citymenzshed.org.nz