



NZ Charitable Trust  
CC46249

Odds and Ends  
from the Shed  
Thursday 20 August 2015  
Website - [www.citymenzshed.org.nz](http://www.citymenzshed.org.nz)  
Email - [info@citymenzshed.org.nz](mailto:info@citymenzshed.org.nz)

*Now what's all this? It's our new neighbourhood ambulance.*



We're not certain whether our friendly landlord Maurice Clark is making a not too subtle hint that it's time we went, or if he just thinks we're so old we're ready to be carted away

Whatever its a brilliant move to establish a standby ambulance station on the Frederick St site alongside the City MenzShed. The ambulance crew will be on standby here during the day which will save precious minutes getting patients to hospital.

The Mckee Fehl's portacomb has been spray painted in a street artwork style and since the ambos will be using the city MenzShed loo we've got a smart new combined toilet and handbasin.

The ambos will enter the shed via our new backdoor which will keep them clear of the workshop area. So don't get a shock if you see a green uniform coming in the backdoor - it might even be of the female persuasion!



Supported by



## House Rules Revised

At a meeting of the Board of Trustees today the City MenzShed rules were revised slightly to make them more relevant and specific. They now read:

**Make as much mess as you need to,**  
but when you've finished please clean up before you leave the shed.

**Enjoy a cup of tea or coffee,**  
but when you'd finished wash your dishes before you leave the shed.

**Get as dirty as you need to,**  
but after washing please leave the basin clean.

**Use any tool with which you have experience,**  
but please put it back when you finished with it.

**You are responsible for your own safety.**

**If you don't know how to use a tool,**  
ask the Duty Manager to explain its use and potential dangers.

**When you've finished work for the day,**  
clear and clean your bench, and put away your project before you leave the shed.

**Remember the MenzShed is not your personal store.** We have storage shelves for on going projects.

**If your project is very large,**  
Ask the Duty Manager if it can be left in place overnight. If you are not going to work on it in the next session it must be stored at the Duty Manager's place of choosing.

**If you injury yourself or someone else, or break a tool** this must be reported to the Duty Manager.

**If you want to borrow tool overnight**  
ask the Duty Manager and register your name time and date for return in the attendance book.

**The Duty Manager is in charge of the shed.**  
He's one of our Trustees so help make his day go well.

**We are the cleaners  
We are the dishwashers  
We are the rubbish men  
There's no one else but us.**

## Great Gout & Arthritis Session

It was an opportunity for us moaners and groaners to find out more about what causes us so much pain.

Half a dozen of us gathered upstairs to hear Zoe Pullman from the NZ Arthritis Foundation tell us about what causes the pain, and what we can do to reduce it.



It was a most helpful session and Zoe's presentation was comprehensive and expert.

This session was part of the City MenzShed programme to keep our members up to date with mens' health issues

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](mailto:info@citymenzshed.org.nz)  
Phone - 04210-3003  
Website - [www.citymenzshed.org.nz](http://www.citymenzshed.org.nz)  
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