

# MENS SHED

## Auckland East Inc.

Weekly Newsletter for the 13th January 2025

**Our Purpose - To Sustain or Enhance Members' Mental Health and Wellbeing.**

---

**Welcome To The Start of A Brand New Year**



We hope this message finds you well and ready for a fresh start as we begin another year together at our Shed.

As we step into this new chapter we reflect on the incredible community we have built and the countless memories we've created. From tackling many community and shed projects, to lending a helping hand to fellow members. Each of us plays an integral part in making our Shed a place where camaraderie, skill building and personal growth, thrive.

We are eager to continue that tradition. There will be plenty of projects for us to work on. Opportunities for learning and enjoying the company of good friends. Whether you are a long time member or new to the Shed, there's always a space for you to share your skills, discover new passions, and contribute to our Shed's success.

As always, your input is invaluable. If you have ideas for new projects, workshops, or events, don't hesitate to share them with us.

Lets make 2025 a year of growth, creativity, and most of all fun.  
We look forward to seeing you all in the Shed working together on new and exciting ventures.

Wishing you all health, happiness and a fantastic start to the year.

**Your Governing Committee.**

( Mal M, Kevin H, Alan M, Douglas O, John T, Andrew T, Mark N, Denis S, Alan S, Phil O )

**Please Complete Our Member Survey...click [HERE](#)**

( It takes just a minute of your time!)

**Its anonymous**, so feel free to tell us how you really feel.

Your opportunity to have your say. We really want to hear!

Want to discuss some issues?

Just include your name in the last question box.....

**"Do you have any other suggestions or feedback to help us deliver a better experience?"**

so we know who to talk to.

**Members love to Hear Your Stories**



**Some of the stories we've heard to date**

A visit to Hitlers Lair,

How to fly an RNZAF Sunderland into Fiji

How to catch a Big fish with a drone,

The worlds largest air show,

The Power Plant a member helped build .

The snakes Peter operated on .

etc etc.

**We are an interesting lot and we love to hear stories of rich lives, well lived.**

**Talk to Mal McLennan about getting time to tell us Your Stories,  
in our Tuesday speakers slot.**

**Events**

**The SMC (Shed Management Committee) meets...**

**Wednesday 15th (this week) at 11 am in the conference room.**

Any submissions should be handed to Douglas Ormrod or any member of the SMC.

**BERNIE'S BIG Barbie!**



**Tuesday 14th Jan (this week)**

On the deck, at high Noon.

Its **FREE**, you just have to bring your appetite and a **funny story!**

**Kawau Island Barbeque  
Feb 18th**



Our illustrious islander, Graeme Phipps, has invited us to a barbecue on his estate on Kawau Island.

The plan is to carpool to Sandspit then Ferry to Graeme's wharf . There is plenty to do there from Ocean Golf to Trekking and Canoeing. Boat owners are welcome to bring their boats and stay overnight if that suits.

The 18th of February is the target date to coincide with high tide. its a little way off but a good time to make space in your diaries.

He is negotiating the ferry fare from Sandspit which will probably be around \$100 return .

We need to bring our own food, drink, walking shoes and bathing gear.. He has Barbeques, canoes and some sports gear available. He's asking for an indication of interest so he can negotiate with the Ferry company and be sure his facilities can cope.

Register with Graeme Phipps or Don Morrison.

**An Opportunity To Participate in a "Music for Health"  
Festival in Coolum, on the Sunshine Coast, Australia,**

**Organised by the Coolum Mens Shed on the 5th, 6th and 7th of September 2025  
Join members from our Shed's Music Group and other Mens Shed Muso's from all  
over New Zealand.**

**Travelling to The Sunshine Coast, to "Drum up a Storm!"**

**Register your interest with our Music Group Convenor, Dene Hoskins, at the Shed or  
email: [hoskinsjd@xtra.co.nz](mailto:hoskinsjd@xtra.co.nz)**

COOLUM MEN'S SHED & COOLUM PEREGIAN RSL PRESENTS



Fri-Sun  
**5, 6 & 7**  
**September**  
Coolum-Peregian  
RSL  
YHA Droid Leu Way,  
Doolan Beach

# Shed Music

A Music-for-Health Initiative

# '25

**Blues, Jazz, Rock and Folk**

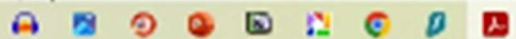
+ workshops, presentations & jam sessions

PERFORMANCES BY MEN'S SHED MUSICIANS FROM  
SUNSHINE COAST, INTERSTATE & OVERSEAS

**MATES MAKING MUSIC**

Entry by donation

08 870 62 7000 RSL



Projects

Busy Board for Middlemore Hospital



The first community project off the block for 2025 is a combined busy board and tactile board mounted on a common base. Each board can be lifted from the base and laid flat on a table when required.

The boards are for the Rehabilitation ward at Middlemore Hospital.  
Built by our very own " MR DO IT " Roger Van Kuylenburg.

### Group Build



**Tuesday January 28th at 9.30 am**

Our electronics group will be doing a group build of the Light tbox we have developed over the last year for Toastmasters.

Lee Dakers, the brains behind the build, will assemble a unit on the purpose built printed circuit boards recently made for us in China.

This will be videoed so future sheddies can reproduce these light boxes which will be made to order.

**All are invited to this special event.**

**Just turn up to the mezzanine electronics room, on the day.**

### ***A BIG GRUMBLE***

**Our Thickness Sander was trashed last week!. Members were most upset to find the sanding drum caked in paint? and the conveyor belt destroyed! Not only could our members not use it, but we discovered repairs would cost in excess of \$300 and parts would have to come by slow boat from Taiwan, so it will be out of commission for perhaps months!**

**A Notice to ALL MEMBERS. Keep an eye out for people abusing our gear! Show them how to use it correctly, or notify the Duty Manager who can refuse them access to the machine.**

**For the record, the thickness sander is only for fine finish sanding. Its not a BELT SANDER! Only advance the control wheel a quarter of a turn, Maximum, per pass and use a sacrificial board with double sided tape under your work to make sure the sanding belt doesnt destroy the conveyor belt!**

**Members have been charged for repairs in the past and may be again in the future. Our hard working crew now have to spend many hours earning the money to pay for repairs!**

### **Community News**

**Echotech is ready to go at Ellerslie School**

**on Saturday 18th of January.**

**Click the notice below to visit their website.**

**Supported by Orakei Local Board**



## FREE OF CHARGE FOR DISPOSAL

This E-Day event is FREE for all drop offs

- Computers & Laptops
- Toner Cartridges
- Keyboards
- IP & Landline Phones
- Microwaves / Ovens
- Vacuums
- Kettles
- AV Equipment & Stereos
- Digital Cameras
- Household Batteries
- Batteries
- Tablets & Small Devices
- Mobile Phones
- Oil Heaters
- Printers & Photocopiers
- Scanners / Fax Machines
- LCD & Plasma TVs
- Washing Machine & Dryers
- Dishwashers
- CRT TVs & CRT Monitors
- Fridges & Freezers,
- Heatpumps
- Power boards & Multiplugs
- Servers & Switches
- Routers & Modems
- HDDS & USB Drives
- Wiring & Cabling

### ITEMS NOT ACCEPTED:

Vapes, CDs & DVDs, Floppy Discs, LED & Household Lightbulbs, LPG Gas Bottles, Other hazardous waste e.g. paint, garden waste or general chemicals, furniture e.g. TV cabinets, medical devices or glass.

.....  
VISIT OUR WEBSITE TO LEARN MORE!

[www.echotech.co.nz](http://www.echotech.co.nz)

0800 EWASTE

You can book an e-waste disposal pick-up at a time that is convenient to you. Help us keep New Zealand clean!

.....





### Mal's Corner

**I once worked at a cheap pizza shop –  
I kneaded the dough**

**Enjoy the little things because one day you may look back  
and realise they were big things**

**I hate escalators – I take steps to avoid them**

**Wanna know something?  
Ask a SMART BLOKE!**

Click the pic, suffer the ads, enjoy the video



**Our shed is open Monday to Saturday 9am till midday  
and on Tuesday afternoon till 3 pm**

Kevin H

MENS SHED AUCKLAND EAST INC

**Facebook:** Search Men's Shed Auckland East

**Website:** [www.msae.nz](http://www.msae.nz)

**Email:** [mensshedaucklandeast@gmail.com](mailto:mensshedaucklandeast@gmail.com)

**Landline:** 09 880 9800

**News or notices:** send to: [editor@msae.nz](mailto:editor@msae.nz)

