

MENS SHED

Auckland East Inc.

Weekly Newsletter for the 20th January 2025

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

Its PINBALL time again!



Following on from a recent pinball tournament where a few Shed members enjoyed themselves, there is another event over Auckland Anniversary weekend in Pukekohe. Come and try your hand at over 100 machines. No experience necessary, just an appetite for a bit of fun! Contact Grant for details: sewell.grant@gmail.com (021) 455 748

YOU TOO can have a body like this!



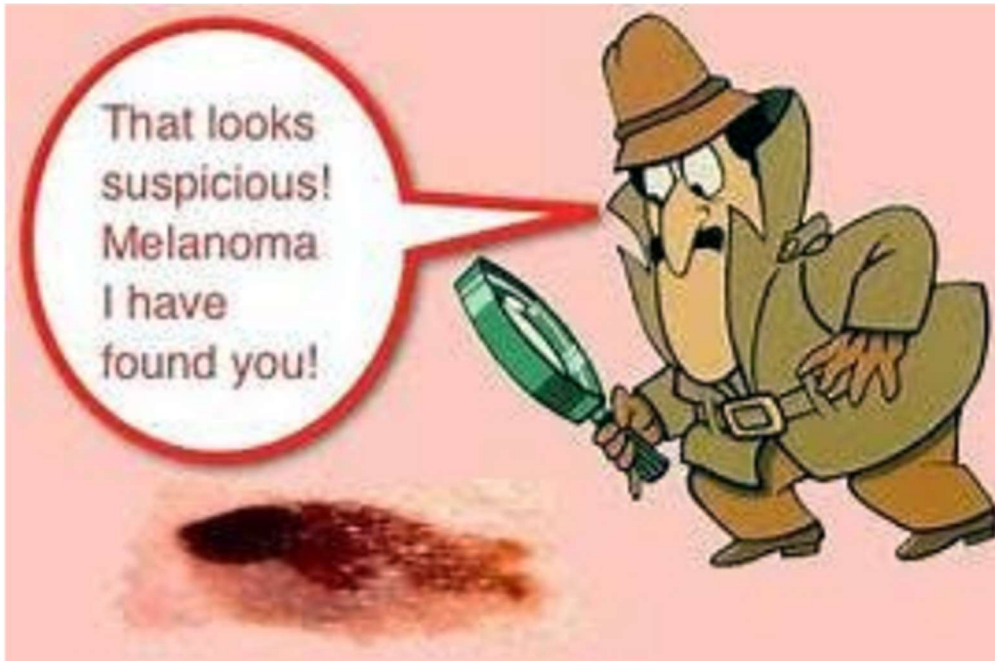
**Just go in the draw to win a FREE Mens Shed Shirt if you complete our member survey
below
(includes those who have already entered.)**

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

(It takes just a minute of your time!)

Events

The Melanoma Van's Coming!



“The Melanoma van will be at the shed on
Tuesday Feb 11th from 10:00AM until 1:00PM.

There will be 30 appointments available for the clinicians to check out your blemishes.
The booking sheet is in the office . Get in early to secure your spot (pun intended).”

We’re still waiting for advice from **the Stroke Foundation** as to when they can come again

New Covid Vaccine Now Available.

A New updated Covid vaccine will be available from Monday so if you haven’t had one for six months then get to the chemist

***Auckland Anniversary Day
Wed, 29 Jan 2025***

The Shed is OPEN for Business!

Next Barbecue

Friday 31st Jan



**Kawau Kapers
Tuesday 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.

Projects



For those who are not aware, we have an introductory **video tutorial** on how to use our dropsaw. Made by Roger Van Kuylenburg in our own workshop with our own saw. If you havent seen it, take a peek. The more that know the drill (the saw) the better!

[GO HERE](#)

Community News

First Dementia NZ talk of 2025, 'Needs Assessment - Everything you Ever Wanted and Needed to Know'

Click [HERE](#) for more

Welcome Back Tamaki Zero Waste Hub Collectors!

Happy New Year! 2024 was a fantastic year for diversion, and let's make 2025 even better.

We're off to a great start this week, with our first trucks already filling up the redistribution area. As a reminder, our collection days at the Tāmaki site remain Monday, Tuesday, and Wednesday from 9 am to 12 pm. Please continue to make your booking requests the week prior by emailing Reuse@tamakizerowaste.nz.

Please ensure that all group members wear a yellow high-vis vest and covered shoes upon entry. If you're bringing new people to the site, please let us know in advance so we can provide a basic site induction. We continue to accept one collection per week per group in your allocated 30-minute slot.

Last year, you all diverted an average of 40 tonnes of reusables – an amazing achievement! We'd love to see how you managed this and showcase your success to the council. This will help ensure we can continue running this service in the future. Images and short stories illustrating your efforts would be greatly appreciated.

Thank you for your continued support.



Mal's Corner

Ten Commandments For Seniors

1. Talk to yourself. There are times when you need expert advice.
2. "In style" are clothes that still fit.
3. You don't need anger management. You need people to stop irritating you.
4. Your people skills are just fine. It's your tolerance for idiots that needs work.
5. The Biggest Lie you tell yourself is: "I don't need to write that down. "I'll remember it."
6. "On Time" is when you get there.
7. You've noticed people your age are much older than you.
8. Aging has slowed you down, but it hasn't shut you up.
9. You still haven't learned to act your age and I hope you never will.
10. "One for the road" means peeing before you leave the house.

How Do You Squeeze All The Juice

Out Of Retirement?

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**

Shake the Hell out of your week fellas!

Kevin H

MENS SHED AUCKLAND EAST INC

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