

# **MENS SHED**

## Auckland East Inc.

Weekly Newsletter for the 27th January 2025

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

---

**BBQ Venison!!**

**This Friday Jan 31st, at Midday**



Our resident hunter Bernie, has been out in the bush and packed out a treat for the Guys and Gals of the shed. Its a very special one so dont miss it.!

**Events**

**Family Day**

Wednesday February 15th

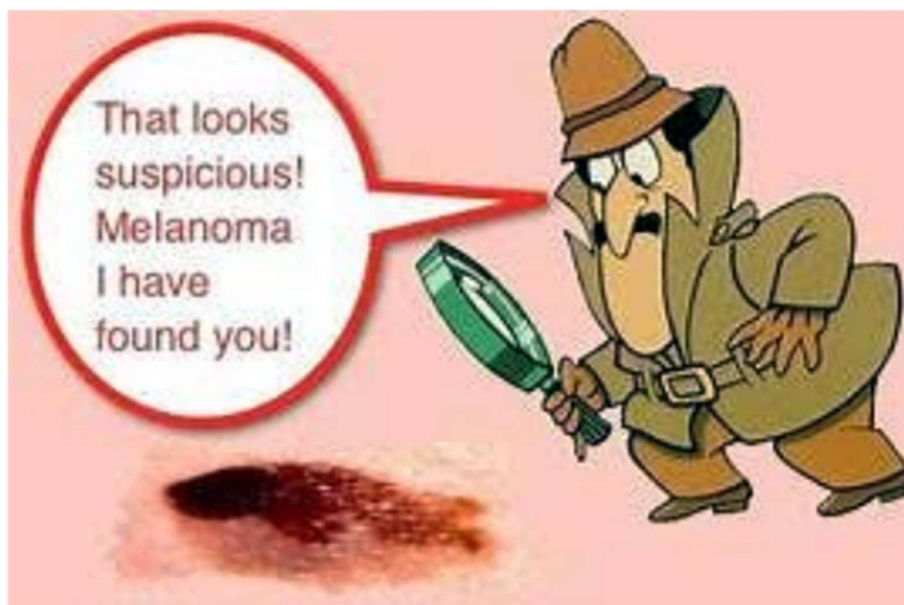
10am till 2pm

Tea and coffee served

*A chance to show the people at home what we do at the shed.*



### The Melanoma Van



“The Melanoma van will be at the shed on  
**Tuesday Feb 11<sup>th</sup> 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).”



## **The Stroke Foundation**

**We're still waiting for advice from them as to when they can come again.in**

## **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

## **Electronics Group Build**

**Tuesday January 28th at 9.30 am**



Our electronics group will be doing a group build of the Lightbox 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**

## **Kawau Barbeque**

**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.

### **New Code of Conduct Released**

After much consultation with legal experts, and alignment with our Constitution, we have now finalised our new Code of Conduct. Go [HERE](#) to read it.

It is now part of the New Members enrolment form and **needs to be agreed to by all current members.**

### **Auckland Anniversary Day Monday, 27th Jan 2025**

The Shed is OPEN for Business!

### **Visit to BSL Racing and Buckley Systems Ltd Tuesday Jan 28th Assemble on the Shed's BBQ deck at 1pm**



BSL Racing Ltd are leaders in Motorsport Fabrication, Parts and Service. They have designed and built championship winning race cars and components for all forms of motorsport. Their modern workshop located in Mount Wellington, Auckland, includes a Machine Shop and Suspension Service Centre. BSL Racing's comprehensive parts inventory along with their expertise, enables them to carry out all your race car requirements. BSL Racing designed and built the very successful Aggressor brand before taking over Breka Race cars in Nov 2007. Scott Buckley designed the Terra chassis in 2016 and Terra are now their in-house built

brand. Their team of fabricators have years of motorsport experience and custom fabrication their specialty. Their in-house CNC machinery along with laser cutting gives BSL Racing the edge.

Please register by emailing.....

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

or turn up on the day...we will carpool to Mt Wellington. Parking is tight!  
(Sorry...lost list from December)

## Projects

### Abodo DOC200s Shipped!!



This has been our biggest environmental order and has proven fairly challenging. The customer wanted these 100 mustelid traps specifically made using their product and installed in their supplier's forest in Hawkes Bay. We had to take extra care laminating the boards together and avoiding splitting the timber especially on the lids where we traditionally use plywood. The treatment used by Abodo Wood Ltd is commercially sensitive so we're hoping the long-term performance in the forest will be OK.

A test of our adaptability!

## Art Challenge





Among Don Liggins many talents is his ability to paint.  
He has issued a challenge to all members to better his work.  
Any subjects will do although the most appropriate will be scenes around the shed.

### **Community News**

**Purangi Conservation Trust Latest News** [HERE](#)

**Beautification Trust Latest Newsletter** [HERE](#)

### **Living Better For Seniors**



An Exhibition at St Heliers Library  
Thursday March 13th

**This weeks Tutorial**  
**How To Use A Bandsaw.**  
Click the picture to view....



### Results of Shed Survey



**Our thanks to those who responded to our annual member survey. The overwhelming response was very supportive of the way the shed is operating. A number of great suggestions were made to improve our program of activities. The Promotional shirt was won by Sheddie Dennis Reilly.**



**Mal's Corner**

### Life Begins at 80

**I have good news for you... The first Eighty years are the worst.**

**Now, everyone wants to carry your luggage and help you up the stairs.**

**If you forget your neighbour's name, forget to fill an appointment, or a promise to be in two or three places at once or spell words wrongly..... you just need to explain, that you are eighty.**

**At eighty you can relax with no misgivings. You have a perfect alibi for everything. Nobody expects anything of you. If you act silly..... it's your second childhood.**

**Everybody is looking for a symptom of "softening of the Brain".**

**If you survive until you are eighty, everyone is surprised that you can walk!**

**At seventy people are mad at you for everything; At Eighty they forgive you for everything.**

**Remember, old folk are worth a fortune, with silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet, and gas in their stomachs.**

**I have become a little older since I saw you last, and a few changes have taken place in my lifestyle since then.**

**Frankly, I have become quite a frivolous old girl... I am seeing five gentlemen a day.**

**As soon as I wake up, Will Power helps me get out of bed.**

**Then I go and see the John.**

**Charlie Horse then comes along, and when he is here, he takes quite a lot of my time and attention.**

**When Charlie leaves, Arthur Itis shows up and stays the rest of the day. He doesn't like to stay in one place very long, so he takes me from joint to joint.**

**After such a busy day, I'm really tired and am glad to go to bed with Vic Vapour rub.**

**What a life!**

**P.S ....The preacher called the other day. He said at my age, I should be thinking about the hereafter. I told him "Oh, I do that all the time. No matter where I am, in the kitchen, upstairs, in the bedroom, or down in the garage, I ask myself "What... am..... I..... here.... after ?**

26th January,

**Australia Day**

**LOUD and BL\_\_dy PROUD!**

**Enjoy a good old SINGALONG**

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**

***MAKE it a Great Week fellas!***

Kevin H

MENS SHED AUCKLAND EAST INC

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