

# MENS SHED

## Auckland East Inc.

Weekly Newsletter for the 2nd December 2024

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

### Events

#### Partners and Members Social Gathering



Over 70 people attended our Partners night this year. Another record for the shed. Some beautiful food was brought and consumed rapidly. All had a good time catching up on the last year's activities and partners got to look around the Shed to see what we have been up to. And our resident musos did a few numbers to brighten up the evening.

### Notices

**Get Your Christmas Gifts at the Shed**



We have a collection of great gifts on the Toy Table on the Mezzanine. So get in now while stocks last. There's a pricelist there and the office will happily bank your cash. So solve those gift giving challenges early and have a sweat free Christmas.

### **Office Manager Wanted**

The Governance Committee has decided to break the job up into several parts so if you have admin skills and would like to be part of the Shed Admin Team please talk to Mal or Don.

### **Mens Shed Music Festival Sunshine Coast**

The Editor recently visited the Coolum Mens Shed on the Sunshine Coast in Australia and as a result, we were invited to attend their Music Festival in 2025. This is being promoted to all Mens Sheds in NZ through Mens Sheds NZ. It will involve a weekend of music and merriment and include many types of instruments. Both String and Brass.... maybe even a bagpipe or two! The Coolum Shed is about an hour north of Brisbane. This follows a very successful Festival held this year with the main purpose of raising money for the local hospital. Music groups are promoted as an effective way to improve mental health in Australia. Anyone interested in attending should contact Kevin Hansby in the Shed for more information. [MORE INFO HERE](#)

### **Lift to the Shed Please**

Haz Crawford a newish member needs a lift to the shed from Onehunga on a wednesday morning. He often walks but anyone who can help with a lift would be appreciated.

( Not a binding commitment just when you can )

Talk to or email Don Morrison. [don.m.morrison@gmail.com](mailto:don.m.morrison@gmail.com)

### **Duty Managers Meeting Tuesday 3 December at Noon**

### **Next Barbecue Tuesday, December 10th at noon**

### **Chainsaw Art in Waitatarua Reserve.**

Sheddie Terry Moore enjoys a stroll in the park and regularly comes across interesting things. Some Chainsaw art just past the dog pond, and a little tree seat near the shed. See if you can find them on your next walk! It's shaping up to be quite the Art Trail.



## Projects



Over many weeks, Nigel High with a little help from his shed mates, crafted a beautiful laminated dining table . When it came time to take it home his situation changed so he offered it to the shed on a profit share basis. A visitor was super impressed and had to have it. The Shed received the "lions share" of the proceeds and banked the tidy sum of \$1000. Such is the calibre and goodwill of sheddies that a member can spend all his time making something and the Shed benefits. Thanks to Nigel for being a "GREAT BLOKE".

Every year we participate in the **Book Fair in Kohimarama**. This year our regular crew attended and **raised \$1700** towards the cost of running our shed. The deal is we share in the profits from the event by providing manpower, stacking books, talking to buyers, taking the cash and watching for pilferers. One member, Alan Lendrum, even brings his wife Marie along, to join in the fun and contribute to the shed's coffers. Thanks to all and Alan and Marie.

And every year we have a stand at the **local Stonefields fair**. This year our toys and products **generated \$1500** towards our running costs.

**The Success Continues.....**



Our "Environmental" Team continues to generate lots of revenue for our Shed's operations. Alan Minson and Terry Oaks are driving a powerful team of producers building a strong reputation for a quality product, delivered promptly. They build Rat Traps and Environmental Products ( Over 12,000 units so far) for a market reluctant to order till they run out and need product urgently. Hence "making for stock" has become the name of the game. This week 200 traps went to Great Barrier and thousands of dollars of stock was delivered to other local clients. Keep it up guys, you help us keep the lights on!

Like any enterprise there is continual pressure on our resources for overheads, maintenance and improvements.

If we work together, we can achieve amazing things! Just look at what we have achieved so far!

**The BEST DARN SHED in the country! (in our humble opinion!)**

### **Community News**

**Ellerslie Village Latest News** [HERE](#)

**Kaipatiki Project Latest News** [HERE](#)

**Orakei Local Board Latest News** [HERE](#)

### **Dementia NZ Course**

Everything you Ever Wanted and Needed to Know [HERE](#)

### **St Andrews Retirement Village Summer Market Day**

Saturday 7th December. 10am till 3 pm. Beauty, Clothing, Crafts, Drinks and food.  
The Terraces, 207 Riddell Road, Glendowie.



**Mal's Corner**

**If I get dementia, don't talk to me as if I'm not in the room**

**If I get dementia, don't feel guilty if you cannot care for me 24 hours a day, seven days a week.**

**It's not your fault, and you've done your best.**

**Find someone who can help you or choose a great new place for me to live.**

**If I get dementia, and I live in a dementia care community,  
please visit me often.**

**If I get dementia, don't act frustrated if I mix up names, events, or places.  
Take a deep breath, it's not my fault.**

### **Slow Living Habits That Simplify Your Life**

Click the pic, suffer the ads, ENJOY the video.



**Our Shed is open Monday to Saturday 9am to 12pm  
and on Tuesday 9am to 3pm.**

**ENJOY YOUR WEEK!**

Kevin H

MENS SHED AUCKLAND EAST INC

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