



Weekly Newsletter for the 4th November 2024

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

Halloween At Glendowie



Last Thursday a group of sheddies took our toy cars and other entertainment to Glendowie Community Centre to celebrate Halloween. A great time was had by all and a whole bunch of toy cars were decorated and raced, much to the enjoyment of the children. (Roger Van Kuylenburg's signpost can be seen on the right.)

The Book Fair at Barfoot and Thompson Stadium Kohimarama.

Our regular Sheddies turned up to help with the book fair, again this year. Sales were strong and the huge crowds showed there is still a large appetite for physical reading material in this electronic age.

Our "Environmental" Team is busy!

Despite all the bad press out there, sales of environmental products remain steady. The bean counters are closely guarding their expenditure so are reluctant to order forward. So we have been confidently making for stock. Because when the orders come customers are desperate and need delivery yesterday. The 60 Weta Condo order that has been "floating in the wind" looks to be materializing shortly requiring our Environmental team to put "all hands to the pump" to deliver orders on time. If you have any spare time when in the shed report to Terry Oaks in the barn as he can do with all the help he can get.

For Your Calendar

Next BBQ (Midday) Tuesday, Nov 12

Shed Management Committee (SMC) Meets Wed Nov 13th

Governing Committee (GC) Meets Tuesday, Nov 19th

Partners And Members Social Gathering Tues Nov 26th 4.30 to 7.30 PM



An evening of conversation and finger food to show partners around the shed and our activities over the last year. All members are encouraged to attend whether they have a partner or not. There is plenty of good cheer to go around and a great opportunity to socialize rather than work. Everyone needs to bring a plate and a beverage of their choice.

Stonefields Market Day Sat Nov 23rd





Above is a stunning Truck, Trailer, and Forkhoist project built by Sheddie Colin Watkins for sale at the Stonefields Market Day. The detail is remarkable and represents many hours of careful planning and building. More toys are required to fill the stand so talk to Bernie about manning the stand on the day and making toys to sell.

Panmure Lagoon Yacht Club



After restoration in the shed, this little yacht was loaned by sheddie Bruce Hopwood to the Panmure Lagoon Yacht Club to help with their training program. Although made of fiberglass, the gunnels and seating needed repair and restoration, before being put back into use. Sheddies took great delight in injecting new life into this well-loved little yacht.

NEW Upholstery "Wash and Vac" Arrived in the Shed



Just arrived in the shed is a "wash and vac" for help in restoring furniture. This lives on the mezzanine. Please read the instructions before use and clean the unit when finished.

International Volunteer Managers Day 5th Nov. More [HERE](#)

- “State of the Sector Survey 20234” report from Community Network Aotearoa see [HERE](#)
- “State of Volunteering in Aotearoa New Zealand 2024” report see [HERE](#)

**A Journey to Well-being (Te Whai Aroha)
From The St John Ambulance Training Team**

An online course that will teach you skills and knowledge to understand well-being and integrate well-being practices and concepts into your daily life, including how to involve whānau and friends. Looking after your well-being is crucial because it enhances your quality of life, boosts resilience, and enables you to support others effectively. This course will empower you to support your well-being in both your personal and professional life. During the course, you'll get to explore how to feel good in every way – addressing the physical, spiritual, relational, mental, and overall life elements of our well-being. We also have both online and in-class mental health first aid courses, which will teach you how to support your mental health and how to assist others. [Book a course today](#)



Mal's Corner

My relationship with whiskey is on the rocks

**Every time I start thinking too much about how I look –
I just find a happy hour and by the time I leave, I look just great**

**JFK — we do this not because it is easy –
but because we thought it would be easy**

FINALLY...Understanding!

[Just Click the pic](#)

This is Hilarious! It's a YouTube video with 1.5 million views. If you enjoy it watch the full 10 minutes. You will get hit with ad breaks so skip them to see it all.



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

ENJOY YOUR WEEK!

Kevin H

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