

# MENS SHED

## Auckland East Inc.

Weekly Newsletter for the 9th December 2024

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

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### Events

**Santa Claus is coming to town! Just 16 days to GO....eeek!**



## 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.

## Visit to North Shore Shed



Last week Mal McLennan, John Tattersall and Kevin Hansby visited North Shore shed to look at their extensions, changes since our last visit and their new dust extraction system. We also got to talk to several "Sheddie" visitors from Vancouver and Bolder, Colorado. Always interesting to see how others deliver the "Mens Shed" concept.

See their latest newsletter [HERE](#)

## 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. Some parts of the job have already been taken up. Denis Sullivan has agreed to take over purchasing consumables and updating attendance records and analysis will be taken over by Terry Oaks

## A Big Thankyou To John Denis and a Welcome to Sidney Neale

John has come to the shed on Thursdays and meticulously cleaned our meeting room, kitchen and ablution areas. After two years, John has advised that he wishes to hang up his cloth on February 1. A big thanks to John for a job well done. We welcome Sidney who has offered to take over this role.

## Machine Introduction

### **Saturday 14th December 12:00 - 2:00 at the Shed**

This is not a comprehensive training course. It is an introduction to the safety and limitations some of our machines.

The following video links provide a more detailed description of the use of the machines involved.

For new members or a refresher for existing members.

Drop saw - <https://youtu.be/qDv6FoVnPa4>

Bench Saw - <https://youtu.be/9bBr1w1ZJt4>

Drill - [https://youtu.be/Z\\_smCYOIPL4](https://youtu.be/Z_smCYOIPL4)

Thicknesser - [https://youtu.be/\\_5lk8GyCllM](https://youtu.be/_5lk8GyCllM)

Bandsaw - <https://www.youtube.com/watch?v=B7T71I-YQZk&t=12s>

Router - [Router safety video](#)

Please reply to the email below to confirm you will attend?

[don.m.morrison@gmail.com](mailto:don.m.morrison@gmail.com)

### **Mens Shed Wellness Group..... Why We Talk**



The MSAE wellness group meets every few weeks to have a chat about anything and everything. Getting stuff off their chests and getting to know one another. I don't know about you but as I get older I'm thinking and feeling more about "stuff" that has been on my mind maybe from way back. Things caused by the likes of separation or loss of a family member or life partner. What I wished I'd said to them or at their memorial. Basically you can talk about anything that you feel will make you happier, more content and more positive.

As an example I was chatting with the group recently when for some reason I talked about what I wished I'd said at my Dad's funeral. Getting it out there made me feel so much better I could hardly believe it.

Membership of the group is private and everything that's said in the room stays in the room. The group is not here to rescue anyone but to provide a listening post for anyone who wants to unload.

It's the time of the year when folk on their own might feel particularly lonely. If you would like some company or just want someone to talk to over the Christmas/New Year period, please call me

**(Bob) 0220178213.**

## Next Barbecue Tuesday, December 10th at noon



The last barbecue for this year will be held on Friday 20 December with a Christmas theme. Christmas tarts and cake welcome.

## Projects

### Some Innovative Environmental Projects



Special mesh ends for **“Glue Boxes” on Hauraki Gulf ferries**. We have previously made these boxes to a specification from **Sealink and Fullers**. They are like a small rat tunnel except they have a very sticky pad in the bottom instead of the usual spring trap. The customers have asked for 200 steel mesh ends to replace the original core flute.

Rats have been found to be quite partial to core flute!

**Special DOC200 mustelid traps for Pan Pac forest in Hawkes Bay**. These are to be made with Pan Pac’s timber having been strength & preservative treated by Abobo Wood Ltd. The Adobo dressed timber will be glue-laminated for the tunnel components. It is a case of the synergy of using a customer’s product for predator control in the forest. The expected order will be for 100 of these DOC200s which will be stacked and strapped on to pallets for freighting to Hawkes Bay.

**For innovation, quality, consistency and Damn Good Service.....**

**Come to the MENS SHED AUCKLAND EAST!**

### **Tray Table for St Heliers Church and Community Centre.**



This is an over bed breakfast table that Roger Van Kuylenburg and Peter Ryan made for Jill Kayser the centre director of St Heliers Church and Community Centre. It was made it as a going away gift, as she is leaving the church after many years of service. The Shed and Roger have a history with Jill due to making items for the centre over time. The wood used for the breakfast table was from a church pew the shed salvaged from the church storage. Jill will now have a part of the church with her where ever she settles.

### **Santas Postbox out front in St Heliers**



A relatively new member Grant Sewell was down in St Heliers last week and admired this bright red Santa Box outside the Library. To his surprise the dedication showed it was donated by us a number of years ago, Another Roger Van Kuylenburg and Peter Ryan project that lives on and on.

### Community News

Foundation North Latest News [Here](#)

### MENZSHED NZ - upcoming election of officers

At next year's AGM, several roles are coming up for nomination to the national executive team. Officers serve two years with half of the roles up for election each year. For 2025, nominations are required for ...

- Treasurer. Secretary, Regional Representative Northland, Auckland
- Regional Representative Taranaki, Manawatu, Whanganui, Hawkes Bay, Wellington
- Regional Representative Canterbury, West Coast (vacant for past year)
  - Regional Representative Otago, Southland

**Attachment has information about role expectations. [HERE](#) Please consider standing for the roles.**

**formal notice with nomination forms will be distributed to sheds during January.**

Respond to: Roger Bowman, [secretary@menzshed.nz](mailto:secretary@menzshed.nz) 027 8822 448

### **Mentor Recruitment...Big Brother...Big Sister**

We are reaching out to different community groups to increase our mentor recruitment, with a specific target on East Auckland. I understand that Mens Shed Auckland East is a place that many older people go to in order to build relationships, do rewarding work, share their interests and give back to the community, which aligns exactly with the intention of mentoring. Our mentors come from all walks of life and all different ages and stages, and we find that often our best and longest lasting mentor matches are between young boys and older male mentors. Matches are nearly always gender matched (a young boy with an older male mentor for example), and the expectation from our mentors is that they meet with their 'mentee' once a week for around 1-2 hours, and continue this for a minimum of 12 months, ideally longer. Many of our young people come from adverse backgrounds, and they are all in need of someone who can be a positive role model to them and offer a one-on-one connection. See More [HERE](#)

**Anneke Hutt** (she/her) Mentoring Coordinator BBBS Auckland [0225335492](tel:0225335492) [www.bigbrothersbigsistersauckland.org.nz](http://www.bigbrothersbigsistersauckland.org.nz) [anneke.hutt@bigbrothersbigsisters.org.nz](mailto:anneke.hutt@bigbrothersbigsisters.org.nz)



**Mal's Corner**

**(The final edition about dementia)**

**If I get dementia, make sure I always have my favourite music playing within earshot**

**If I get dementia, don't exclude me from parties and family gatherings**

**If I get dementia, know that I still like receiving hugs or handshakes**

**If I get dementia, remember that I am still the person you know and love**

**The Best Dad Jokes**

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

**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)



