



Weekly Newsletter for the 11th August 2025

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

Read the whole newsletter before clicking any links.
Otherwise you could get lost and miss out on some vital information.

Next Speaker

Tuesday 12th August at 10.30am

Rich Easton of the Neurological Foundation

(It will be recorded for everyones benefit)

Note: Early Tea at 10 .15am to allow for speaking time.

"A presentation by overiewing neurological research. Including a look into stroke clot retrieval, the human brain bank and dementia prevention.

Also with a video presentation from Dr Sarah Schonberger on memory in aging and ways of keeping your brain healthy."

Rich Easton is the CEO of the Neurological Foundation of NZ, a charity that funds neurological research and education / awareness in NZ.

He is also the Chair of the Neurological Alliance, an advocacy group comprising 20 charities.

The Alliance works together to get better outcomes from Government and the Health Sector for the 1 in 3 people impacted by a neurological condition at some time in their life.

Rich has a business background in technology / customer care, along with governance experience on a number of charity boards.

The Music Group's official Photo
for the Sunshine Coast Music Festival in September



New Bandsaw Arrived

Designed to speed up our timber breakdown with a large blade.

Looking forward to seeing it in action !



Projects

The Executive's Chair.

A team effort...

Otto bought this faulty chair for our busy office staff, in appreciation of the sterling job they do.

He felt they deserved the "best seat in the house" and the opportunity to recline in thoughtful wonder

when conjuring up systems and plans to keep our booming enterprise above water and pumping!

This chair was designed and made in NZ by Formway Furniture in Petone.

They are used in many high powered offices in the country by the movers and shakers that make big decisions.

Key features include height adjustment for costing the bigger jobs, a slider for use when declining unsuitable projects,

a recliner for pondering the bigger issues in life and sitting alert and erect when "earth shattering" decisions need to be made.

One of the best ergonomic chairs in NZ.

Our "fix it up" team exhibited its many talents when one of our John's reupholstered the seat, another John 3D printed a broken cam and Paul in

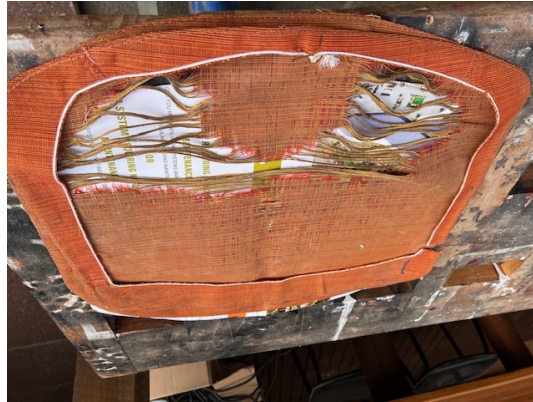
engineering located the perfect spring from his extensive collection.

Just what was needed to move the project forward.

Chairman Otto resourced and co ordinated our "fix it fellows" to bring this elegant item back to life and presented it with much aplomb to our

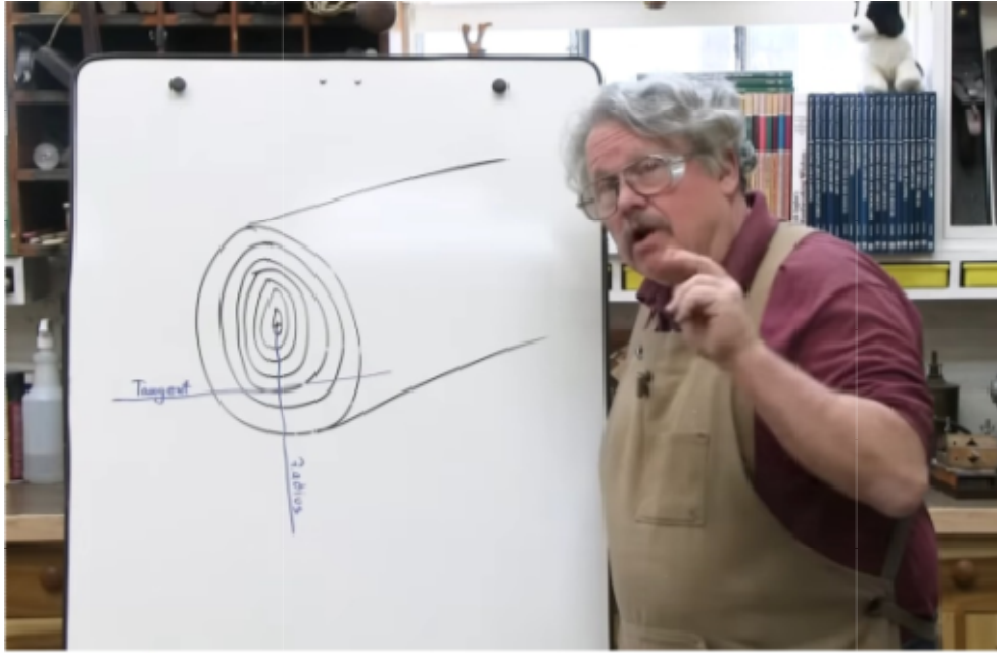
head of administration and his trusty sidekicks.

Another example of MSAE teamwork, making everyone a winner!



Weekly Workshop

The Way Wood Works [Click HERE](#)



Notices

Barbecues

Tuesday August 12th at midday

And Friday August 29th

Join US!

Quiz Night

August 17th

At Edmund Hillary Retirement Village

Join our team.

Talk to Quizmaster Bernie.

Special General Meeting (SGM)

Thursday, 21st August 2025

at 11:00 AM

In the Shed Meeting Room,

The purpose of the meeting is to formally vote and adopt the proposed constitution.

This has been widely discussed with Members attending the Shed.

It has also been reviewed by our Legal team to ensure it complies with the New Act.

[Read it HERE](#) and raise any questions you may have, before casting your vote.

This is an important step in strengthening how our Shed operates .

A hard copy has been posted on the meeting room notice board .

Waatarua Tree Planting

Saturday August 23rd

Talk to Terry Moore to participate

Bunnings Fathers Day Night

Thursday 4th September

Setup from 4 pm.

Check in with Bernie to register your availability.

Annual General Meeting (AGM)

Tuesday 23rd September 2025

In the Meeting room at the Shed

Halloween

Friday 31st October

At St Heliers/Glendowie Community Centre.

Stonefields Market Day

Saturday 22nd November.

Start building stock now for a profitable event !

Community News

Panmure News [HERE](#)



NZ Mens Sheds News

August 2025 Edition

The official newsletter of **MENZSHED**
NEW ZEALAND

August Newsletter [HERE](#)



Mal's Corner

A boiled egg in the morning is hard to beat

My doctor told me to avoid unnecessary stress –
so I didn't open his bill

No matter how hard you push the envelope,
it'll still be stationery

Learn to Cook with Robin Williams [HERE](#)



Our shed is open from 9 am till Midday Monday to Saturday

and on Tuesday afternoon till 3pm



Have a Great Week

Kevin H (Ed)

MENS SHED AUCKLAND EAST INC

Waiatarua Reserve, 98 Abbotts Way, Remuera, Auckland 1050, New Zealand

Facebook: Search Men's Shed Auckland East

Website: www.msae.nz

Email: mensshedaucklandeast@gmail.com

Landline: 09 880 9800

News or notices: send to: editor@msae.nz

MSAE BANK Account NumberASB 123618 0064616 00

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