



Weekly Newsletter for the 12th October 2026 (169)

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

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

Projects

Enviro Crew Flat Out Working!



The development of our Shed has finally gelled. Our Trusty truck is fully employed collecting raw materials and delivering finished goods. The new Production Storage Shed has dramatically improved our efficiency in the barn. The Enviro crew have improved their productivity and workflow because they don't have to make amongst finished goods. The orders keep coming, the makers keep making and the Production Manager is run off his feet fetching new materials for our well oiled machine.

Bring on the orders baby, we're ready for you!

A Memorial Seat



Ian Hollister models his latest project. A seat for Council.

It's for Tahuna Torea in memory of Chris Barfoot

Three Dimensional Cutting Board

Open to offers



Stephen Petterson made this brilliant Cutting board and is offering it to members as a Christmas Gift or to slice the xmas ham!

Contact Don morrison in the Shed to put in your bid.

Community Projects Coming up.

Sat Oct 31st Halloween at St Heliers Community centre with our toy cars.

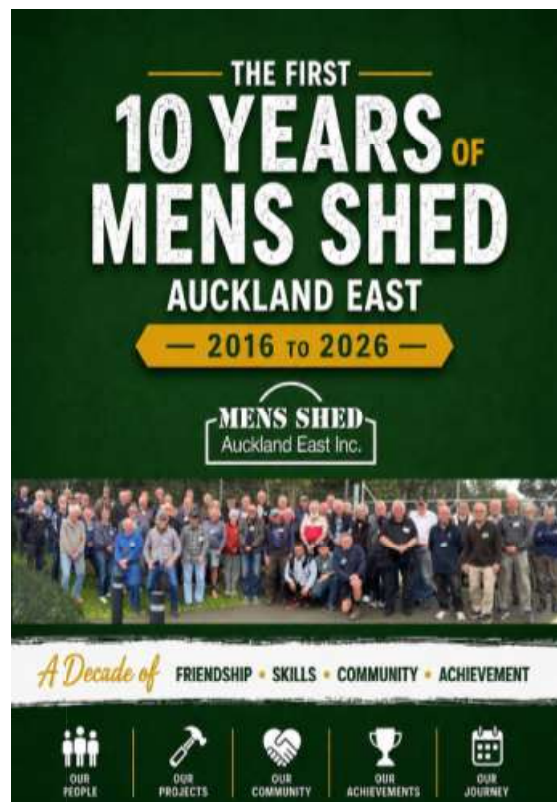
Sat Nov 21st Stonefields Market Day with our stall.

Sat Dec 12 Panmure Business Market day

10 Year Book SOLD OUT!

Orders taken Now

for the 2nd print run.



The first print run sold out in a few days of delivery,
so we are now taking orders for a second print run.

Please place your orders ASAP so we know how many to print in

the second run.

Please Prepay as below, then collect your copy from the Office, when in the shed.
It takes 3 to 4 weeks to print once numbers are finalized so the earlier you order the earlier
you get your own copy.

We will advise when your copy is ready.

Please Prepay online by bank deposit.

Price is \$35 per copy for Members

(Note: subsidised by the Shed for members, to make it affordable.)

and \$62 per copy for Non Members

MSAE BANK Account Number ASB 12 3618 0064616 00

If you need it couriered to your location the additional cost to pack the book in a bubble
wrap envelope and courier is \$15, totalling– \$50 including GST for members.

Please email your address along with a request to ship to

mensshedaucklandeast@gmail.com

Shed Management Committee Meeting

Monday Oct 12th.

Need something...talk to Douglas Ormrod....the Chair!



Board Meeting

Tuesday 20th

Talk to John Tattersall for any additions.

Wednesday Workshops

Learn some great stuff !

Vinyl Sign Cutting Don M ----Postponed. Date to be advised.

Wednesday 21st October - Sewing Machine operation . Fraser E

Wednesday 28th October - 3D Printing. Alan S

Workshops are planned to commence at 10.45 am

immediately following morning Tea, on the Mezzanine.

Wellbeing Group

The next meeting will be at Stonebake Café on

Monday 19 th October at 12 noon.

Whether you're a regular attendee, or wish to join in for the first time, this is a great opportunity to chat and share stories over lunch in a supportive and confidential environment.

Pete Montgomery 0274966901

Bob Lawton 0220178213

Ken Duncalfe 0274931463

Good News

for a change!!



15 simple things you can do to make your home harder to burgle

You don't need an MI6 agent to tell you how to make your home safer. New Zealand Police have put together some remarkably simple advice — particularly useful for people living alone. Good locks, secure windows, lighting, keeping valuables out of sight, knowing your neighbours and having a phone or personal alarm close by can all make a difference. Read

more [HERE](#)

Drones are finding the last wilding pines in the South Island

After years of successful work removing invasive wilding pines around the Tekapo River, the problem has changed: there are now relatively few trees left, but **each surviving tree can spread thousands of seeds**. Crews are using drone imagery to locate isolated trees that would otherwise be extremely difficult to find across the landscape.

Read all about it [HERE](#)

Christchurch is about to manufacture personalised cancer treatments

Christchurch's new **BioOra CAR-T facility** is opening this month to manufacture

personalised cancer treatments in New Zealand. CAR-T therapy takes a patient's own immune cells, modifies them so they can recognise and attack cancer cells, and returns them to the patient. The facility is expected to allow treatments that previously required patients to travel overseas to be produced here, while potentially creating around **1,100**

jobs annually across the wider economic ecosystem. more [HERE](#)

“Why Are Some of New Zealand’s Best Artists Joining This New Kiwi Music Platform?” —

It explains Lume's origins, its response to Spotify's economics, why artists such as **Bic Runga, Troy Kingi, Fazerdaze and Dick Move** have signed up, and how the platform is attempting to create a more direct relationship between musicians and their fans. It's backed by investors including Lorde and the co-founder of Substack. Bic Runga,

What is Lume? read More [HERE](#)

How two Kiwis built and sold an energy technology company in less than two years for Nearly \$25 Million

Factor was created by two former Flick Electric executives who saw a surprisingly old-fashioned problem inside the electricity industry — complex commercial power prices were still being worked out using spreadsheets and manual calculations. Their solution attracted international customers and was eventually acquired by New Zealand technology company

Gentrack for almost \$25 million, with a further \$10 million earn-out possible. Jessica Venning-Bryan tells the fascinating story of how they did it — and what happened along the

way. more [HERE](#)

A small West Coast business takes on 50 kilometres of gorse

At Ōkārito Lagoon, a tiny community of about 40 permanent residents faced a huge problem: invasive gorse spreading around an important wetland. A local kayak business turned the problem into **GorseBusters**, bringing volunteers from around New Zealand to spend their holidays working on the cleanup. After six years, volunteers have contributed more than **2,500 days of work**, reducing gorse to near-zero visibility along about **50 km of**

shoreline. more [HERE](#)

Barbecues



Tuesday October 13th

Friday October 30th

WARNING WARNING !

Do You Know?

New Road Rules applied from 1st October 2026



These changes will

1/ Allow children up to 12 years old to ride bikes on footpaths and allow parents or caregivers to ride with them.

2/ Require a minimum passing gap of 1.5 metres when drivers pass other road users.

3/ Allow people to ride e-scooters in cycle lanes

4 / Require road users to give way to buses leaving bus stops in areas with speed limits of 60km/h or less.

The changes will make lane use safer by making the rules clearer for people using bikes and e-scooters, footpath users, drivers and other road users. They respond to issues raised by road users, councils, and advocacy organisations and reflect how people currently use roads and footpaths.

Read the official rules [**HERE**](#)

Be careful out there,
Walking can be a danger to your health !



New Lifejacket rules now apply!

See more [HERE](#)



**Older drivers should no longer face
routine cognitive screening
based on their age alone**

New clinical guidance from health practitioners.

Seniors Minister Casey Costello said the change followed [concerns raised by older drivers](#) and would support seniors to "stay independent, connected and active for longer".

Read More [**HERE**](#)

**Coming Up
Labour Weekend**

Friday 23 to Monday 26th October

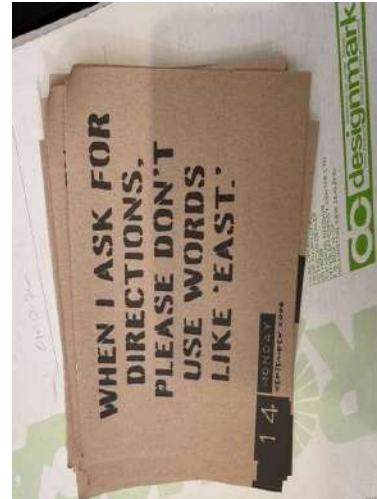
The latest news from the KAIPATIKI Project
[HERE](#)

Mal's Corner



A Male Perspective?





F1 at Bathurst

Fasten your seatbelts

for the ride of your life ! Click [HERE](#)



Have a GREAT Week !

Kevin H (editor@msae.nz)

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**Donations gratefully accepted and go towards building a stunning Shed for
Members, for today and far into the future.**