



Weekly Newsletter for the 13th July 2026 (156)

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.

Busy Barn Projects

The Environmental Crew were flat out last week.

Up to their ears in orders, they were pumping traps out by the dozen.
They even had a couple of youngsters, doing community service, towards awards, helping them.

The youngsters were so quick, the sheddies had trouble feeding them with materials.
And as Friday was a public holiday, members were inspired because they were earning time and a half, and getting a day off in lieu, for working on a public holiday.

The fact that their base rate is zero, didnt affect their enthusiasm.

Who doesnt like getting something for nothing!

Even if its based on camaraderie and purpose, rather than grubby cash!



Speakers

Tuesday 28th July Drowning Prevention

The Mens Shed is teaming up with Drowning Prevention Auckland to bring our friends, families, and members together for a quick, 30 mins water safety seminar in late July! Whether you're into surf casting, rock fishing, boaties, or just walking the dog by the river, this workshop will give you the tools to keep yourself and your loved ones safe.

Here is Selwyn Pearson's Exercise Chart from his talk recently.

Selwyn is focusing on helping men over 50 to improve mobility, strength and general fitness in a simple and realistic way.

FITA BLOKES

SHEET 1 GENERIC EXERCISE 1

Independent and strong for everyday life.

Simple exercises to help you stay active, independent and confident.



THREE KEY MESSAGES



1. DO SOMETHING

Any movement is better than none. Even 5-10 minutes each day can improve your strength, balance and confidence.



2. EXERCISE FOR EVERYDAY LIFE

The best exercises help you with everyday activities like getting out of a chair, climbing stairs, carrying the shopping, gardening and walking.



3. BE CONSISTENT

You don't have to work hard every day. A little exercise done regularly is far more beneficial than doing a big session once in a while.

FIVE SIMPLE EXERCISES

1 SIT TO STANDS		Sit on a sturdy chair. Feet flat on the floor, slightly back. Lean forward so your nose is over your toes. Push through your feet to stand up. Slowly lower yourself back down to sit.	WHY IT MATTERS Helps you get in and out of chairs, the car and the toilet more easily, while building leg strength.
2 CALF RAISES		Stand behind a chair or bench. Rise up onto your toes. Slowly lower your heels back to the floor.	WHY IT MATTERS Improves balance, strengthens your lower legs and can help reduce the risk of falls.
3 MARCHING ON THE SPOT		Stand tall. Lift one knee up, then the other, as if marching. Keep a steady rhythm.	WHY IT MATTERS Improves balance, coordination and confidence when walking.
4 WALL PUSH-UPS		Stand facing a wall with your hands on the wall at shoulder height. Bend your elbows to bring your chest towards the wall. Push back.	WHY IT MATTERS Builds upper-body strength for pushing doors, getting out of bed and everyday tasks.
5 FARMER'S CARRY		Hold a bag or light weights in each hand. Walk with good posture for 20-30 metres. Turn and walk back.	WHY IT MATTERS Builds grip strength, core stability and confidence carrying everyday items.



REMEMBER



Hold onto a chair if you need support.



Stop if you feel pain or dizzy.



Little and often is better than doing too much.



Start slowly and build up gradually.

Selwyn

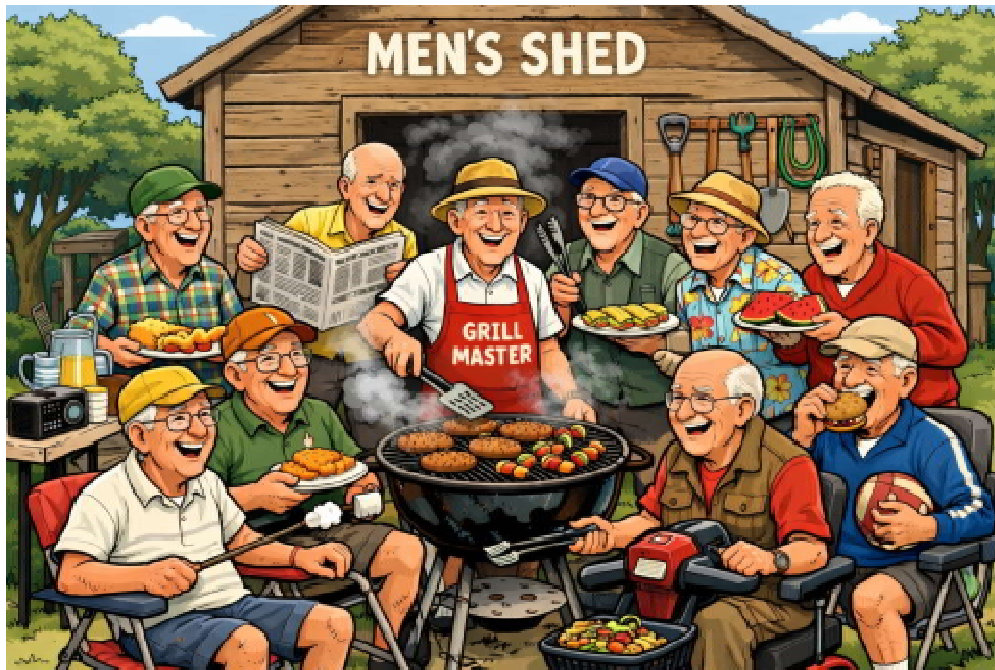
Keep moving. Stay strong. Enjoy life.

Stay active • Stay independent • Stay involved in the things you enjoy

We're in this together.

Click [HERE](#) for a printable one

July BBQ's



Tuesday 14th and Friday 31st



**Friday 31st July will be a ribbon-cutting ceremony
opening the new sheds.**

**With the Deputy Mayor and possibly the Mayor,
in attendance.**

Wednesday Workshops

Where you can learn some really useful stuff.

15th July Wood Dies and Stains with Snow

22 July Biscuit Jointing with John Edwards

29th July Laser printing with Alan Simpson

5th August Pocket Hole Jigs with Otto

12th August Sewing Machine with Fraser E

19th August End grain and Pattern Board Cutting with Stephen P

26th August Chisel Sharpening with Pete M

Contact Pete Montgomery 027 4966 901 or peter@montgomery.org.nz
if you would like to present a Workshop (30 to 45 minutes) on a topic of
your choice.

**Workshops are planned to commence at 10.45 am
immediately following morning Tea.**

Mals Corner



THE 10 COMMANDMENTS FOR REDUCING STRESS

Thou shalt NOT be perfect nor even try to be.

Thou shalt **NOT** try to be all things to all people.

Thou shalt leave things undone that ought to be done.

Thou shalt **NOT** spread thyself too thin.

Thou shalt learn to say "**No**".

Thou shalt schedule time for thyself and thy support network.

Thou shalt switch off and do nothing regularly.

Thou shalt be boring, untidy, inelegant and unattractive at times.

Thou shalt **NOT** even feel guilty.

Especially, thou shalt **NOT** be thine own worst enemy, but be thy best friend.

SEE THE BEST GOALS of Round 16

FIFA World Cup 2026™

[Click HERE](#)



Enjoy Your Week!

Kevin H (ed)

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

