



Weekly Newsletter for the 13th October 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.

Projects

Remuera Golf Club - Sandwich Boards

Tessa Ebbers happy with the 2 sandwich boards we made for the Club.

Made between Rat Trap Orders.

"We can make anything here ! "



EVENTS

Okay, **so we're not ROCK STARS !**

But we have **a lot of FUN !**

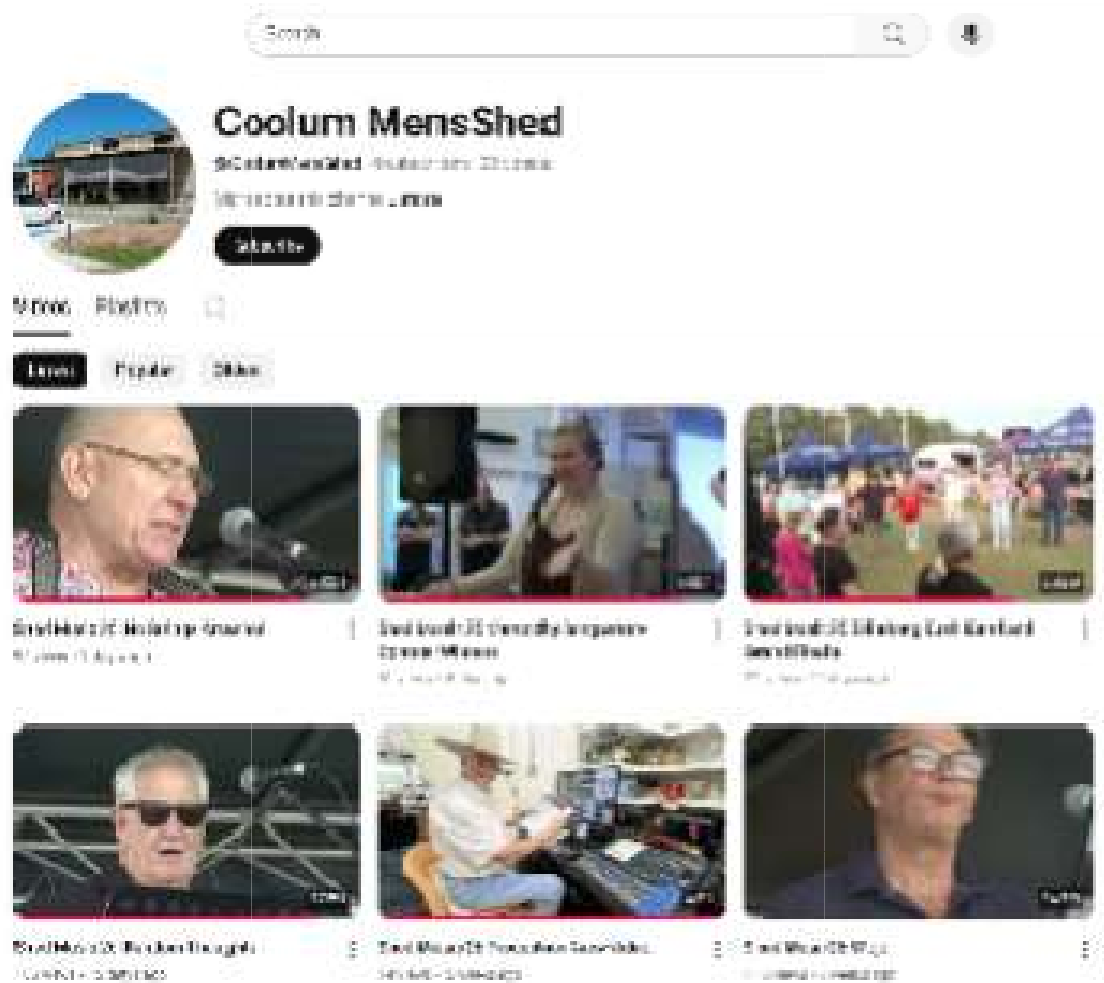
[HERE](#) are the official videos from **SHED 25**

The Mens Shed Music Festival in Coolum.

[Our Crew first](#)



And [HERE](#) are all our fellow sheddies videos.....



Notices

Barbecue Dates in October

Tuesday 14th & Friday 31st October

Wellbeing Group Meeting



The next meeting will be held at Stonebake Café

Monday 13th October (Tomorrow)

at 12 noon.

Whether you're a regular attendee or visiting the group for the first time,

this is a great opportunity to share ideas and stories

over a cup of coffee and support one another

in a safe environment.

All welcome, just turn up on the day.

Organizers

Pete Montgomery 0274966901

Bob Lawton 0220178213

Ken Duncalfe 0274931463

SPEAKERS

Tuesday October 14th

Gerard Robertson

Gliding contests:

Speed, distance and farmers' daughters



The Life and Times of Stoats,

by Carolyn (Kim) King

Date to be advised.

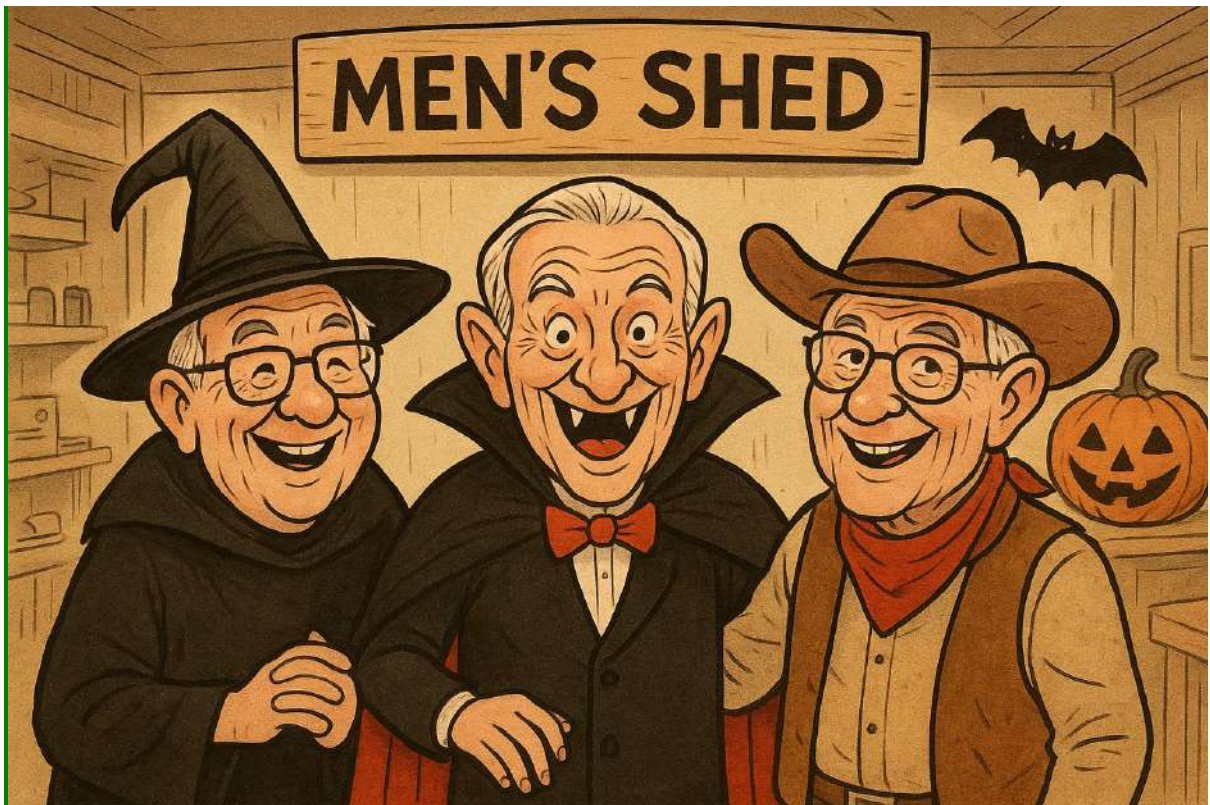
An understanding of the stoat's lifecycle, tenacity,
the havoc incursions can create
and the difficulties with eradicating small numbers.

"My trip to Greece",

by Sidney Neale

Date to be advised.

Halloween



Join us on

Friday 31st October



At St Heliers/Glendowie Community Centre.

83 Crossfield Road, Glendowie, ...

Liase with John Donovan to participate.

Stonefields Market Day

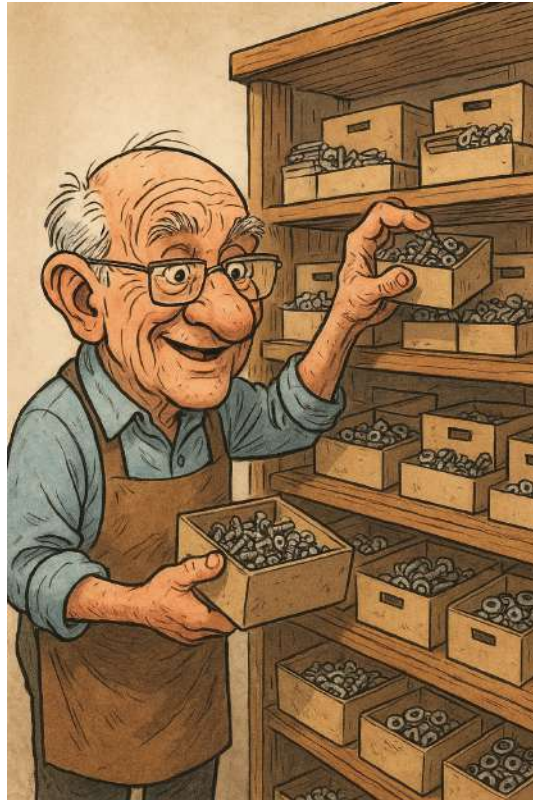


Saturday 22nd November.

Start building stock now for a profitable event !

Liase with Peter Montgomery for manning and stock.

Your Assistance is Requested



Our highly esteemed member, Phillip King, is seeking another keen companion to assist him in the Department of Fixings and Fastenings.

Phillip offers excellent conversation, a happy face and in depth training in the alphabetical and numerical systems.

Please meet up on your shed day and join in the fun of sorting and shelving our extensive collection of fastening devices.

Your contribution to the successful operation of this department entitles you to an extra gingernut per month. (Reviewed annually)

The only qualifications required are a happy smile, good conversation and preferably 2 hands and 2 legs. (Although the latter is not essential!)

Events at St Heliers Library



Author Talk: Peta Mathias

Monday 20 October, 6.15pm

Vegan Talk: Sunday 19 October, 1pm

Learn about vegan living from the Vegan Society

Bookings essential for both events – phone 09 377 0209, or

email .. sthelierslibrary@aucklandcouncil.govt.nz

EcoFest is coming to the Ōrākei Local Board Area

They are hosting an information session later this month.

EcoFest is Tāmaki Makaurau's largest annual eco-focused festival celebrating sustainable living, environmental conservation

and practical climate action, running 22 March to 22 April. 2026

They invite you to come and meet the friendly EcoFest team and find out how you can be a part of

Tāmaki Makaurau's largest environment and climate festival.

Wednesday 22 October

4pm - 5pm

Meadowbank Community Centre

29 St Johns Rd, Meadowbank, Auckland.



Go [Here](#) for more information

Quotations of the Week

Teenager said-

so it turns out that being an adult is most mostly about googling how to do stuff !

**Bob Jones donated signs to help identify public toilets in Wellington –
one was placed at the Railway station end of Lambton Quay pointing to the Beehive
!**

Exercise will help you with decision-making. It's true.

I went for a run this morning and decided I'm never going again.

Our shed is open from 9 am till Midday Monday to Saturday
and on Tuesday afternoon till 3pm

Have a Great Week

Kevin (Ed)

MENS SHED AUCKLAND EAST INC

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MSAE BANK Account Number ASB 12 3618 0064616 00

(Donations gratefully accepted and go towards building a stunning

Community Facility for members today and far into the future.)
