



Weekly Newsletter for the 14th April 2025

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

Top Tip:

Read the whole newsletter before clicking any links

Otherwise you could get lost and miss out on some vital information.

Tuesday Talks

Last Weeks Fall Prevention Presentation

Watch the Video [HERE](#)

Go [HERE](#) to access the resources discussed by Sarah Freiberg from Harbour Sport .



This Tuesday's Presentation, April 15th

10 AM Early Start

Gaye has an in depth presentation which will last around 45 minutes .

So we will **start the session early at 10 AM**



Gaye Stratton

Community Educator

*Macular degeneration (MD) is an **age-related eye disease** which is the leading cause of blindness in New Zealand.*

One in 7 people over 50 years of age have some evidence of MD, and the incidence increases with age.

Many people dismiss the early warning signs of MD as a normal part of the ageing process, thinking nothing can be done about it.

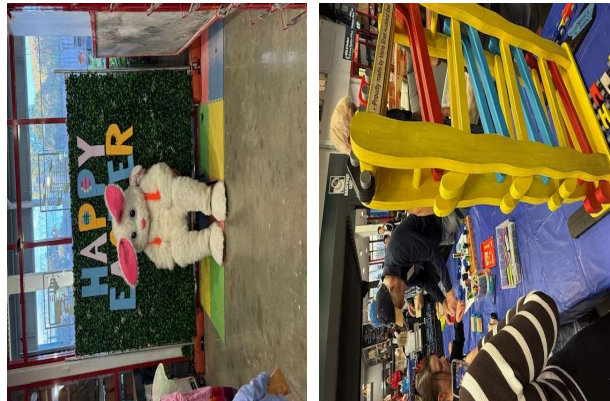
However, treatments are available, and

steps can be taken to prevent the onset of the disease.

Events



Family Night



Last week we had a stall at the Annual Bunnings Family night .

80 cars were assembled, decorated and raced by all the little people, who had great fun.

Thanks to Sheddies Bernie Ward, Mal McLennan, Bruce Coe, John Donovan, Malcolm Hardie, Noel Thompson, Raymond Chung and Trevor Sampson, who manned the stand and supervised all the activities.

Another great community project for the Shed.

Notices

Next Barbecue

Friday, May 2

Because the last Friday is 25 April – Anzac Day

At noon, on the deck.

Easter Shed Hours

The shed will be operating all through Easter with normal hours.



Machine Introductions

Sat 26 th April

See how its done or get a refresher.

Book in at the office or find Don Morrison or John Tattersall.

Retirement Village Seminar

Wednesday 14 May at 9:30 for 10 am start.

At Remuera Golf Club !!



Presenters:

Angus McPhee has worked with two companies in the retirement village sector

Denis Sheard, Shed Member and retired lawyer, lives in a retirement village.

Kevin Hansby, Shed member and anti-retirement villages.

Bruce Coe, Shed member- resident of a retirement village & pro RV's

In anticipation of strong interest in this subject, we have booked a room at the Remuera Golf Club

YOUR PARTNERS ARE WELCOME TO JOIN US!



A Lady Visitor

Sheddie Penny, was talking to a visitor the other day, who she believes might be related to a member.

The lady, called Leslie, is returning to England permanently, at the end of June.

She had some patchwork materials, that she wished to leave behind.

Penny has 2 places interested in the offer.

Does anybody know who she is?

If so, please see Penny or Alan on the mezzanine, or email them on

aandpsimpson@gmail.com

Pens for the office

Our office has run out of pens.

Members rush in wanting them and rush out again forgetting they have a boomerang attached.

If you have many pens **set aside for a rainy day**,

could you please deposit them with Don.

Because that day has arrived!

Rags for Cleaning

Some members are on a drive to clean the shed. Engineering is next.

Members are asked to bring along any old clothing that may be suitable for rags.

There will be a bin near the entrance to deposit them in.

NEW Tool lending Library



A tool lending library has been established in the foyer.

Rules around borrowing these tools are on the loan sheet on the side of the cabinet, along with a list of those people authorised to sign tools out and in.

In the top cabinet are a selection of corded power tools -

a drill, skill saw, a planer, two sanders,

a jig saw, a Dremel clone, and an extension cord.

In the bottom cabinet are a few hand tools -
a pop riveter, hacksaw and adjustable wrench.

No other tools can be borrowed !!

Others may be added if there is a need - as long as we have multiples.

Vandals Attacked Our Project!



Terry Moore advises there was a call to Auckland Council from the local volunteer team leader, Ken Sampson, saying that the tables we made and installed in the Apirana Reserve have been vandalised - all of the screws in the tables have been removed. We await a solution.

Missing Tool



Our 2nd pair of snippers has disappeared from the Barn.

Would the borrower please return to Alan Minson or Terry Oaks.

We have a lot of orders and this is holding up production!

Weekly Workshop

Best Method for Sharpening

your Chisels and Plane Irons



More Training videos are on our website on the video page under training videos.

Click [HERE](#) to see them

Community News

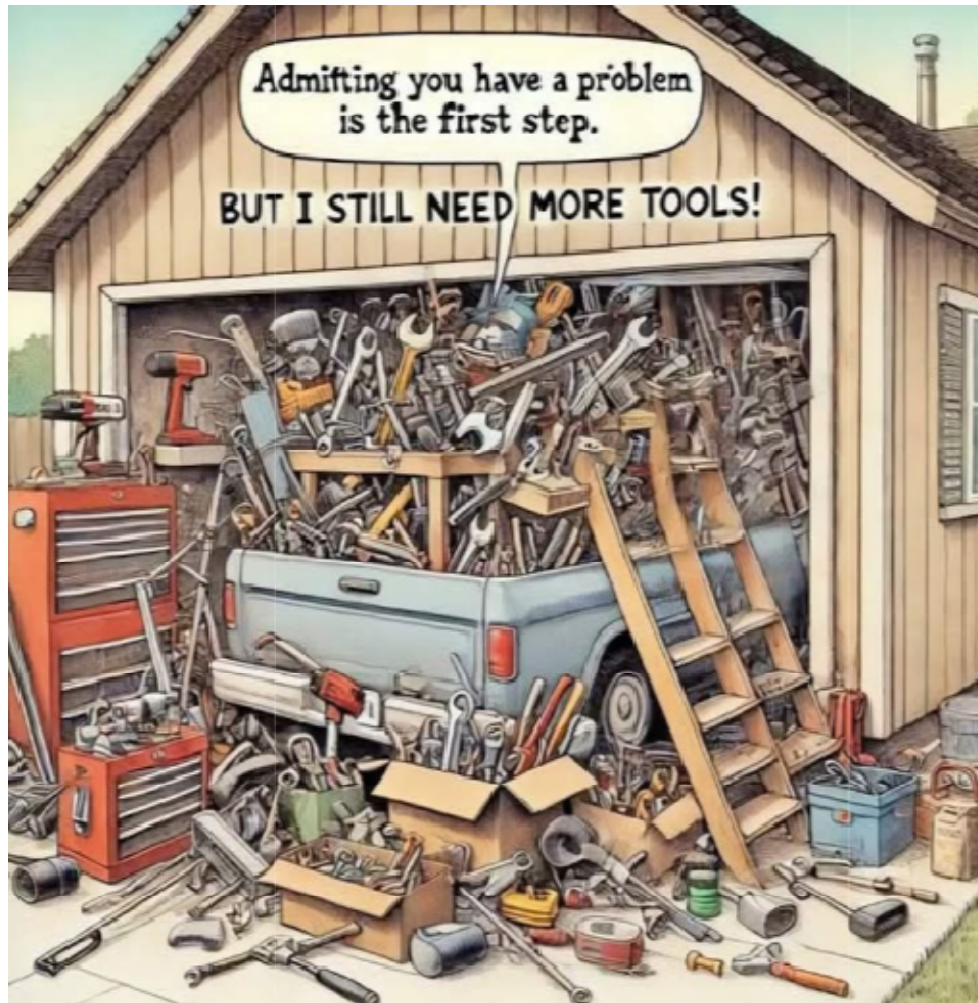
Our Environment 2025.

The Latest Report from Stats NZ

Click the picture to read it



If there has been one constant in New Zealand's environment, it is change. Geologically young, our country has been forged out of dramatic tectonic forces, carved by the winds and water of the Roaring Forties, and populated by unique biodiversity that has evolved in isolation. Ever since people arrived on these shores, we have accelerated this change as we cleared land for food and fibre, built our homes and businesses, and developed new ways to power our economy and get around. This three-yearly report on the state of the environment shows how people continue to drive change in our land, water and coasts. It also describes how we, in turn, are affected by the changes we cause – in both positive and negative ways.



Tools To Put Your Affairs In Order



What to consider at a Pre-arrangement meeting [HERE](#)

Your family's checklist, So your wishes are understood. [HERE](#).



Mal's Corner

THE 10 COMMANDMENTS

FOR REDUCING STRESS

1. Thou shalt not be perfect nor even try to be.
2. Thou shalt not try to be all things to all people.
3. Thou shalt leave things undone that ought to be done.
4. Thou shalt not spread thyself too thin.
5. Thou shalt learn to say “No”.
6. Thou shalt schedule time for thyself and thy support network.
7. Thou shalt switch off and do nothing regularly.
8. Thou shalt be boring, untidy, inelegant and unattractive at times.
9. Thou shalt not even feel guilty.
10. Especially, thou shalt not thine own worst enemy but be thy best friend.

Enjoy a classic,

[Click the pic](#)



Our Shed is open Monday to Saturday 9am till midday

and on Tuesday afternoon till 3 pm

Have a great week folks

Kevin H

MENS SHED AUCKLAND EAST INC

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

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