



**Weekly Newsletter for the 15th June 2026 (152)**

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

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

## **Orakei Local Board**

### **Business Awards 2026**

# **Winners of Class**

## **Mens Shed Auckland East**

Our team accepting the award as the Winners

of the "Not For Profit/ Social Enterprise" class

at the recent prestigious

Orakei Local Board Business Awards Competition

held at Okahu, opposite Kelly Tarltons on Tuesday 9<sup>th</sup> June





The Award and Certificate



Chairman Alan Minson, thanking the OLB for the award.



All the contestants enjoying the event.



The Supreme award winners were SWIMTASTIC, from Merton Road. Shown here alongside members of the Orakei Local Board and Deputy Mayor Desley Simpson.

Swimtastic have a staff of around 100 and teach 3700 children a week how to swim. A great business, thriving in challenging times.

See all the pictures from this event [HERE](#)

## Projects

## Building Progress

Engineering Shed insulated and lit up!



## Another Beautiful Restoration

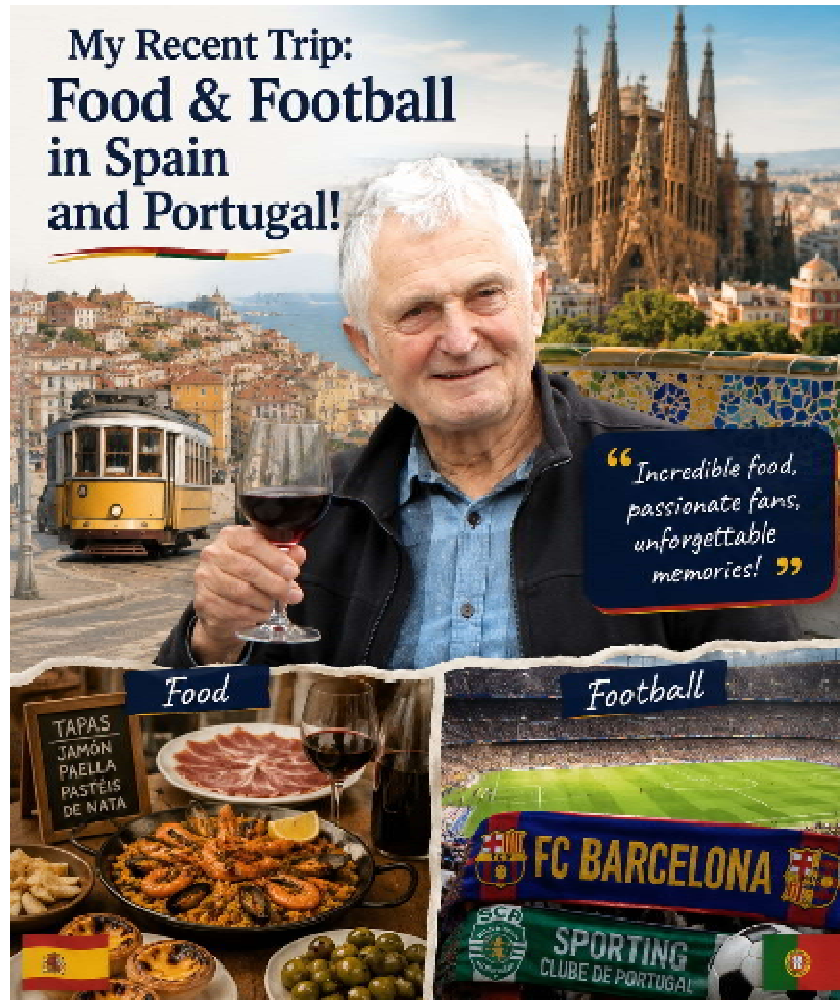
of a family treasure

rolls out the door, thanks to the efforts of Sheddie Stephen Petterson



## **Future Speakers**

**Tuesday, the 23rd of June – Sidney Neale -**



## Tuesday, 30th of June - Selwyn Pearson.

In his work as a qualified personal trainer, Selwyn has started focusing on helping men over 50 to improve mobility, strength and general fitness in a simple and realistic way.

His interest comes mainly from his own experience, seeing how many blokes our age, struggle with stiffness, a loss of strength and not knowing where to start.

## June BBQ

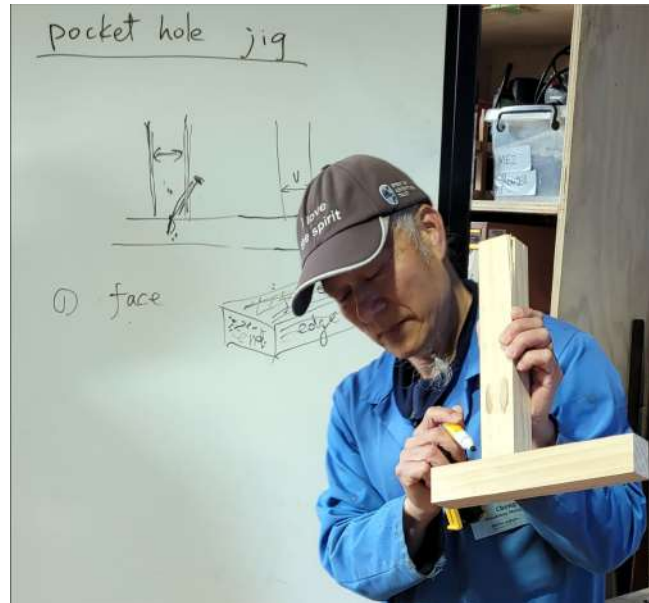
Friday 26th June

Join us for a midwinter celebration,  
with roast lamb and a desert ! :-))



## Wednesday Workshops

Dont miss these events, you can learn some really useful stuff.



Otto demonstrating the pocket hole jig

**June 17 Sewing machine demonstration -**

Presenter Fraser Elder

Awesome piece of shed equipment. Learn the skills to operate

**June 24 Knife Sharpening with Pete M**

Back by popular demand.

Care and maintenance of your knives

**July 1st 3D Printing with Alan Simpson**

**July 8th Wooden Spoke Wheels with John S**

**15th July Wood Dies and Stains with Snow and Nigel**

**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](mailto: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.**

## **Wellbeing Group Meeting-**

The next wellness group will meet at Stonebake Café on

**Monday 22nd June at 12 noon.**



Whether you're a regular attendee or visiting the group for the first time, this is a great opportunity to share stories over a cup of coffee in a supportive and confidential environment.

As usual, everyone is most welcome to attend.

Pete Montgomery 0274966901

Bob Lawton 0220178213

Ken Duncalfe 0274931463

# YOUR SHED YOUR SKILLS

**A SHED WITHOUT YOU...**

*NOT MUCH GOING ON...*

**A SHED WITHOUT VOLUNTEERS IS A SHED THAT STALLS.**

**...A SHED WITH YOU!**

MEANINGFUL WORK WITHOUT PRESSURE

**WITH YOU, WE CAN...**

BUILD FRIENDSHIPS & CONNECTIONS



**MEANINGFUL WORK WITHOUT PRESSURE**  
Contribute in a way that suits you.



**USE & DEVELOP YOUR SKILLS**  
Put your experience to good use and keep learning.



**BUILD FRIENDSHIPS & CONNECTIONS**  
Enjoy great company and make new friendships.



**HELP OUR SHED THRIVE**  
Your time helps our charity support members and the community.



**KEEP YOUR BRAIN ACTIVE**  
Staying mentally active helps maintain memory, confidence and overall wellbeing after retiring.

**YOUR SHE**  
HAVE A CHAT WITH  
AND FIND OUT HOW  
*Get involved. Make  
You'll enjoy it more*

## Could You Lend a Hand?

### Help Keep Our Shed Strong

Our Men's Shed is run by volunteers, and there are always opportunities for members to contribute their time, experience, and talents in ways that suit them.

Taking on a Shed duty doesn't mean pressure, deadlines, or a full-time commitment. It simply means helping out when you can and being part of the team that keeps our Shed thriving.

There's likely a role where you can make a difference. If you've ever thought about becoming more involved, now is the perfect time to put your hand up.

## Interested?

Have a chat with a committee member and find out what opportunities are available.

# Your Shed needs you—

and you'll enjoy it more than you expect!

## Here's Some Ways you can help

### Shed Secretary

#### Experience preferred

The Secretary looks after the administration of the Shed. Including managing correspondence, maintaining records, organising meetings, preparing minutes, and assisting the committee to meet its governance and legal obligations.

To explore this opportunity further, talk to John Tattersall at the shed

or email him at [john.t@winerackers.com](mailto:john.t@winerackers.com)

### Office Manager

This role has you involved with many of the activities in the shed. You'll deal with lots of people, get to know them well and perform a key role in the operations of the shed. The role can be shared with other members but you will need to be there 2 -3 mornings a week to keep things on track.

Join in the chatter and camaraderie involved in being at the center of things!

Talk to Don Morrison in the office or email him at

[don.m.morrison@gmail.com](mailto:don.m.morrison@gmail.com)

## **Notice**

### **Annual General Meeting**

Our Shed's AGM, will be held at the Shed, on Tuesday 22nd of September.

#### **Start thinking about nominations for the Board,**

Would you like to be there?

Do you know someone who would make a good board member?

Are there things you would like to see the Shed Do?

Nows the time to start making plans and gaining support as

the AGM is fast approaching

### **Board Meeting**

Tuesday 16th of June at the shed.

### **NO DUMPING!**

This week a member arrived at the Shed with the truck loaded with timber and other stuff,  
most of which went into the skip and cost us to dump

Please remember that only Tools and timber etc which has been approved can be brought  
to the shed.

Talk to Don Morrison or Douglas Ormrod to ensure its value to the shed.

## **DUMPING STUFF COSTS US IN DUMPING FEES**

### **Mal's Corner**

**I'm not antisocial –  
my contact list is full**

**I'm frazzled –  
I need a nap or some stimulants –  
which ever occurs first?**

**Sometime in the early 1980s  
the flat white was born**

**Enjoy Your Week!**

Kevin H (ed)

**MENS SHED AUCKLAND EAST INC**

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**News or notices: send to: [editor@msae.nz](mailto:editor@msae.nz)**

**MSAE BANK Account Number .... ASB 12 3618 0064616 00**

**Donations gratefully accepted and go towards building a stunning Shed for Members, for**

today and far into the future.

