



Weekly Newsletter for the 16 th June 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.

The SHED'S Recognition plaque for Bill Lehmann



We had a "farewell" meeting at the Shed on Saturday for our good friend Bill's, passing. There were upwards of 50 members there with Bills wife and daughters to share our memories of a life well lived.

Amongst the many accolades was a telling comment from one of his daughters. "The Mens Shed was a Godsend for Dad on his retirement. It gave him not only tremendous fellowship, but also the opportunity to pass on the lessons, he learned through his life's experience, in many different roles, to enrich the lives and skills of others"

A great endorsement of what The Shed concept is all about.

The remembrance plaque presented to Bill's family, was made by Douglas Ormrod and Otto Cheng.

Events

Speakers Corner

Tuesday the 17th of June

The nutritional wellbeing and health of older adults

By Dr Sue MacDonell,

(Note: Dr Sue has agreed for it to be recorded so it will be available on the Video page of our website)



Sue is a Senior Lecturer & Programme Director in Nutrition & Dietetics at the University of Auckland.

Sue enjoys all things related to food but has a particular interest in optimising the nutritional wellbeing and health of older adults

men'shealthweek

TE WIKI HAUORA TĀNE 2025 • **JUNE 9-15**

Men's Health Week is part of a global health awareness campaign marked in the US, Europe and Australasia.

The week focuses on the health issues all men face, and raises awareness of steps men can take to help address these.

Yes we missed it, but anytime is a good time to check your health [HERE](#) by taking the test and scoring your own health.

[GO HERE](#) for more information on health issues for men.

Take advantage of these resources. Its not often there is something out there focussing on all Mens Health.

Others and ethnicities seem to get most health dollars these days!

Next Barbecue

On the deck at midday, Friday 27th June



Friday 27th June.

As a thankyou for the morning cleanup of the shed, Bernie is preparing a "Colonial Goose" for our "Barbecue".

Colonial Goose is a classic New Zealand dish that showcases colonial ingenuity.

Despite its name, it contains no goose. Instead, it's crafted from a boned leg or shoulder of lamb or mutton,

stuffed with a festive mixture, and roasted to resemble a goose.

He tells me you havent lived until youve had a "Colonial Goose"!

Join us for the experience of a lifetime.

Retirement Village Seminar Report (Part 5)

Cost of Buying into a Village-

The initial cost will depend entirely on the Village that you choose and the type of accommodation.

A studio or one bedroom apartment could probably be found for around \$500,000 whereas a penthouse could be \$5 million -

Based on population predictions, some Village operators have planned ahead - purchased land and built villages which are now in oversupply

So now is a good time to buy!

Some companies are offering great deals with long periods for you to sell your own home and no fees for one or two years.

Our advice is to visit many villages and compare facilities, features and culture, to find one that suits your needs now or in the future.

Ongoing Costs.-

Weekly fees usually include share of rates, building insurance, maintenance and administration. Other costs are electricity usually billed direct to you from a utility company, and contents insurance.. Some villages do not charge for Water.

To compare – do you know the weekly cost of staying in your own home?

Signing up to live in a Retirement Village is quite different to a normal property transaction.

The normal method is to enter into a licence to occupy, also known as an Occupation Rights Agreement (ORA), which sets out the terms and conditions agreed between a resident and a retirement village .

Deferred Management Fee (DMF) -

It is usual for a village owner in NZ to retain between 20% to 30% of the initial capital sum as a deferred management fee. This covers refurbishment of your unit when you leave and other costs of maintaining the Village facilities . Losing between 20 to 30% of your capital is very unpalatable but this is the model used by most villages to build the facilities that are now available.

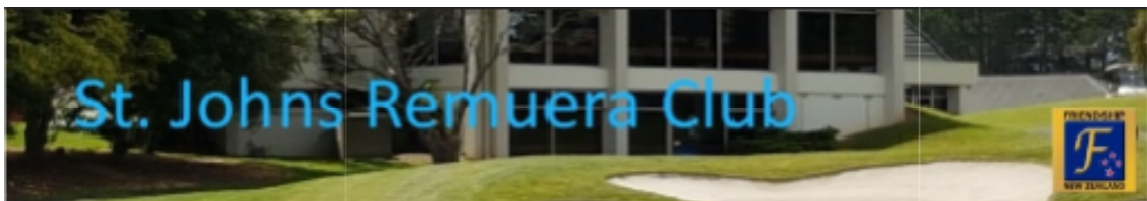
Changes to legislation -

The Retirement Villages Act is 22 years old. In 2020 a White Paper was issued and progress since then has been very slow. The Retirement Village Residents Association (RVRA) has been hammering away trying to get a result but it does not appear that there is much enthusiasm in Wellington. It is likely that many of us will be in another village in the sky by the time any legislation change comes into effect.

Next week.....

Next move? Where can I get more information and is independent advice available?

Friendship Club News [here](#)



The St. Johns Remuera Club, is a welcoming fellowship group for men living in the eastern suburbs of Auckland.

The club meets in the clubhouse of the Remuera Golf Course on the first Monday of every month at 10.00 a.m.

If you are interested in joining us feel free to email our Secretary whose email address appears on the

[Contact Us page](#)

or just come along to one of our meetings and make yourself known to the members on duty at the desk.



Mal's (Poets) Corner

Finding the Freedom Within You

Within the body you are wearing,
inside the bones and beating in your heart
lives the one you have been searching for, for so long.

Dont run away, shake hands with yourself -

the meeting doesn't happen

without your presence -

your participation.

The same one is moving in the trees,

glistening on the water,

growing in the grasses

and lurking in your shadow

You have nowhere to go, the marriage happened long ago,

behold your mate,
You are within, the body you are wearing

Join us on a **Sentimental Journey**



Click the picture to watch. Suffer the ads first.

Our Shed is open Monday to Saturday 9am till midday
and on Tuesday afternoon till 3pm

Have a great week folks

Kevin H (Ed)

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