



Weekly Newsletter for the 16th March 2026 (139)

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

Kiwi Carriers ready to ship.



The Original,



Our improved version.before painting.



An order for 15 STK Kiwi Transport boxes was collected on Thursday last week, after being made by our Conservation Crew in the Barn. They were immediately sent on a barge to Motutapu Island. Over the next few days, 15 to 20 kiwis will be collected and taken to a number of pest-free sanctuaries to set up breeding. Motutapu's birds were established as a safe haven colony during COVID-19 shutdown. They have thrived and there are now several 100 birds on the island. The STK staff gave very positive comments on our masterpieces and will give any further feedback after this relocation exercise. We expect to get another order for a further 35 boxes.

Next Speakers

Tuesday 17 March

Shed Member Lakis (Lugi) Panteli will tell us about his journey back to the UK in 1976 via the far east and USSR, travelling on the Trans-Siberian Railway

Tuesday 24 March

Raymond Cheung, has a stunning Video presentation of the Auckland Military Tattoo, which he attended recently, at Eden Park.

Shed Tutorials

**A series of tutorials will be run
on the mezzanine floor as follows.**

Wednesday 18th March at 11 am	3D Printing
Wednesday 25th March at 11 am	Laser Cutting
Wednesday 1st April at 11am	Wood Joints

Barbecues

Apologies to all members who turned up for a barbecue last week.
Unfortunately our Chef was not prepared for a barbecue then
He was thinking we had one the previous week, when in fact it was two weeks
before. Doesnt time fly when you're retired!

But Friday March 27th is on

so prepare your taste buds and dont worry about the wildlife!



**Andrew's Amazing
Cake of many Colors**



Andrew Tuckey had a birthday last week and we all celebrated with an amazing cake, which takes the record for the fanciest Birthday cake in the Shed this year.

So we had to mention it in "despatches".

It was made by a girlfriend, Deborah Jenvey. She started life as a school dental nurse but for many years ran a shop selling toys, children's books, fancy dress etc.

So, an innovative person when it comes to kids parties. The cake came from that.

All the toys are from somewhere in her leftovers from the shop and were put to good use on the day. All kudos to Deborah, not me.(Andrew, eater, not maker, of cake !)

Panmure Basin Fun Day

Perfect weather saw another great day at the Panmure Basin Fun Day last weekend.

Our stand proved popular with 100+ cars built, decorated & raced by kids and their parents. Very much a big hit as always.

Pete managed to sell approx \$140 of our projects !!

Thanks to our eager volunteers including Pete, Don, David, Philip, John Donovan, Dene, Gerard, Richard, Chris, Harley, Sidney, Noel, Mark, Colin, John Levien, Harry and Grant





No More Timber Please!



Don Morrison advises we have too much timber to store and wants us all to refuse any more donations until we get our new storage shed and sort out our existing stock.

So please refuse any offers!!

Memorial Wall



The latest addition to our wall is a typical picture of member Bill Lehmann. Bill was always there to help us along in the Shed. His experience and helpfulness is sorely missed by those of us who worked alongside him. His picture joins others of highly treasured members, who have passed on, Clockwise from top left, Phil O'Flaherty, Keith Hanning , Wayne Grainger and Bill.

Next Wellbeing Group Meetup



The next get together of the Wellness Group will be held at Stonebake Café on
Monday 23rd March at 12 noon.

All Mens Shed members are welcome to come along and share stories and life experiences over lunch, and support one another in a confidential and safe environment.

As always, everyone is most welcome.

If you wish to learn more about the group, please do not hesitate to contact either

Pete Montgomery 0274966901

Bob Lawton 0220178213

Ken Duncalfe 0274931463



Read the latest from the Mental Health Foundation...

There's a lot happening in the world right now, and through social media you have it all at your fingertips. While it can help you feel informed and connected, constant scrolling, distressing news events, divisive opinions, disinformation and carefully curated influencer highlights can take a toll on your wellbeing. When your social feed feels heavy or overwhelming, it's important to remember you have more control than you might think.

What you see online isn't random - it's shaped by algorithms that learn from what you engage with. Even pausing to watch or read, without actively 'liking' a piece of content, tells the algorithm it's caught your attention.

The good news? You can take small steps to help you see more content that brings you joy and less of the stuff that upsets you.

We've teamed up with Netsafe to bring you some top tips to help protect your wellbeing online.

[GO HERE To Access](#)

Mal's Corner

**if you find yourself driving in front of a long line of traffic,
this is not a good thing.**

You are holding everyone up!

Please move into the left lane

or pull over,

and let grateful people pass.

**Vintage Cars Take on NZ's spectacular Southern
Alps |
Coast to Coast (Part 2) On the Rainbow road [Click
HERE](#)**



Have a great 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.