



Weekly Newsletter for the 18th May 2026 (148)

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

Onward and Upward

Rain as much as you like.....

Our New Wood Storage and Finished Goods Storage Shed's got a roof !

Of course we had a "roof shout". Goodies for all, at morning tea.

Same day, the Building Blokes installed the main rafter in the New Mechanical Workshop.

It was a good day !





Wheelbarrows, Shovels and Rakes



Our SHED provided wheelbarrows, shovels and rakes for this volunteer project at the Meadowbank Community Garden.

Gardes4Health funded the delivery of 7 m³ of soil, local garden leader Sophie Liu coordinated, and students from Glendowie College provided much of the labour, on Friday, 08-May.

Cane Seat Replacement



Malcolm Hardie's job last week, was replacing the cane seats on a couple of bentwood chairs...an old skill revisited.

This was a family project, as Malcolm enlisted the expertise of his wife, to figure out how !

Rehab Devices





Grant Sewell took over this job from Roger Van Kuylenburg who is leaving our shed shortly.

It involves 2 rehabilitation devices for stroke victims to regain their coordination skills.

Alan Simpson joined in the project by lasering the foot and hand outlines.

The undersides of these simple devices features roller ball wheels, which allows easy horizontal movement in any direction.

Simple and effective !

Next Speaker

Tuesday 19th May

Don't leave a mess !

Leave a Legacy !

Estate Planning Presentation with Wendy Hampton – Lawyer, Speaker and Author

We're pleased to welcome Wendy Hampton, BA.LL.B, an experienced lawyer with over 30 years in practice, to present an informative session on estate planning. Wendy has spent much of her career specialising in property law, including wills, estates, trusts, and relationship property matters. After running her own legal firm on Auckland's North Shore for many years, she is now travelling around New Zealand sharing her knowledge and

helping people better prepare for the future. In this practical and easy-to-follow presentation, Wendy will cover ways to make the administration of your estate simpler, more efficient, and more cost-effective. She'll also introduce *The Estate Planner*, a handy booklet she developed to help you organise all your important personal information in one place—making things much easier for your family and friends when the time comes. Wendy is known for her clear, down-to-earth approach and her passion for helping others understand what can often feel like a complicated topic.

Note: The Speaker has asked that we do not record this presentation.

So you need to be there to benefit from this vital information.

May BBQ's

Friday May 29

At Midday on the deck.



Wednesday Mezzanine Workshops

20/05/26	Biscuit Jointing tables and shelves	John E
27/05/26	Bread and Damper on the BBQ	Bernie and Karen

All workshops are planned to commence at 10.45 am

immediately following morning Tea.

Video Workshop

Biscuit Joinery Tips and Tricks...[CLICK HERE](#)



Repair Cafe

Free Ewaste Drop off Day

Saturday 23rd May

I invite your community to be part of something exciting at the Tāmaki Zero Waste Hub! After the roaring success of our first Repair Café last month, we are ready to launch our monthly Repair Café series for our community here at the Hub. Repair cafes are an awesome opportunity for people to bring broken treasures back to life for free, learn valuable new skills, keep precious resources out of landfill and strengthen community

connections.

Our next [Repair Café](#) will be held **Saturday 23rd May** in conjunction with our [Free E-Waste & Battery Drop Off Day](#).

If we can't fix your electronic item, we can recycle it for free, all on the same day!
If you or someone in your community would be interested in volunteering for our Repair Cafés, [please register your interest here](#).

If you have any questions please email or give me a call!

Chelsea Holdom | Zero Waste Educator

021 100 6400 chelsea@localised.nz

Visit our website: www.Localised.nz



Our Facebook page is active again.

Join the nearly 900 followers,

who are interested in what we do. [CLICK HERE](#)

Or log in to FACEBOOK and search "Mens Shed Auckland East" to find our page.

Click the "like" button, become a follower and leave a "post" comment.

It all helps our visibility .

Next Wellness Group Meeting

Stonebake Café, Monday 25th May 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 coffee and support one another in a safe environment.

And as usual, everyone is most welcome to attend.

Pete Montgomery 0274966901

Bob Lawton 0220178213

Ken Duncalfe 0274931463



Ride It Keep It

This free programme is for GI and Panmure locals who would benefit from having a bike but cannot afford one.

Participants sign up for a free 3-hour session, where they will get: a refurbished bike, safety and maintenance tips
a short, guided ride, a new helmet, lock and pump — all to keep.

The programme runs from May to June and is open to people who live in Glen Innes, Point England and Panmure.

You can join if you are a: Senior citizen Community Services cardholder Student Year 5 or above

Note: we are willing to make exceptions to the joining criteria if someone really needs a bike

and isn't one of the groups above if they are referred by a social agency
If they are under 14 years old, they will need to bring an adult with them.

All participants already need to know how to ride a bike.

To sign up email cyclingevents@at.govt.nz.

Jenny Marshall | Senior Programme Specialist - Active Modes
Active Modes | Public Transport and Active Modes
Auckland Transport

Mal's Corner

The Bagpiper

As a bagpiper, I play many gigs. Recently I was asked by a funeral director
to play at a graveside service for a homeless man.
He had no family or friends, so the service was to be at a
pauper's cemetery in the Nova Scotia back country.
As I was not familiar with the backwoods, I got lost and being a typical man,
I didn't stop for directions. I finally arrived an hour late and saw the funeral guy
had evidently gone and the hearse was nowhere in sight.
There were only the diggers and crew left and they were eating lunch.
I felt badly and apologized to the men for being late.
I went to the side of the grave and looked down,
and the vault lid was already in place.
I didn't know what else to do, so I started to play.
The workers put down their lunches and began to gather around.
I played out my heart and soul for this man with no family and friends.
I played like I've never played before for this homeless man.
And as I played "Amazing Grace", the workers began to weep.
They wept, I wept, we all wept together.
When I finished, I packed up my bagpipes and started for my car.
Though my head was hung low, my heart was full.
As I opened the door to my car, I heard one of the workers say,
"I never seen anything like that before,
and I've been putting in septic tanks for twenty years."
Apparently, I'm still lost ... it's a man thing.



Thanks to Mens Shed Labrador for this cute little ditty. And Mal McLennan who went all the way to the Gold Coast to get it !

Enjoy Your 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.