

MENS SHED

Auckland East Inc.

Weekly Newsletter for the 19th January 2026

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.

Notice of Site Works

Restricted Areas



The next stage of the Shed Expansion projects is the site works for both the Storage Building and The Mechanical Workshop extension. This will be topsoil stripping from both areas plus excavation and post-hole boring on the Storage Building site. There will be an excavator and dump truck on site. The work is scheduled for Tuesday 27 January from 0730 and will take 1 or 2 days.

An area from the container to the inside of the barn concrete apron will be fenced off with temporary barriers and signage. This fenced off area is to be a construction zone out of bounds to non-authorised personnel. Authorised personnel will be restricted to members of the Project Control Group and any approved contractors all of whom are required to comply with the Site Safety

Plan and Hazards and Risks notices

General knowledge Quiz

1. Which explorer was the first to sail around the world?
2. Who was the first woman to win a Nobel Prize?
3. Which war was fought between the North and South in the United States?
4. What was the name of the first artificial satellite launched into space?
5. Which ancient city was buried by the eruption of Mount Vesuvius?
6. Which European country has the most islands?
7. Which ocean is the deepest in the world?
8. Which of the following countries does the River Danube NOT flow through: Germany, Hungary, Italy, or Romania?
9. What part of the eye controls how much light enters?
10. What simple machine is a ramp an example of?
11. What device converts mechanical energy into electrical energy?
12. What unit is used to measure electrical resistance?
13. What is measured in lumens?
14. What common household tool measures angles?
15. How long is a standard game of cricket (Test match) scheduled to last?

16. Which sport uses a puck instead of a ball?
17. In darts, what score is known as a “bullseye”?
18. Which country invented table tennis?
19. What is the only even prime number?
20. What is a word called that is spelled the same forwards and backwards?
21. What temperature scale uses absolute zero as its starting point?
22. What is the Roman numeral for 50?
23. What instrument measures wind speed?
24. What language has the most native speakers worldwide?
25. What metal are Olympic gold medals mostly made from?
26. Which treaty officially ended World War I?
27. Who was the longest-reigning British monarch before Queen Elizabeth II?
28. Which empire was ruled by Suleiman the Magnificent?
29. What was the original name of Istanbul?
30. Which country has the longest coastline in the world?
31. Mount Kilimanjaro is located in which country?
32. What element has the chemical symbol “W”?
33. What part of the brain controls balance and coordination?
34. What is the speed of light in a vacuum (to the nearest thousand km/s)?
35. Which scientist proposed the three laws of motion?
36. What does “Hz” measure?
37. What board game was originally called “The Landlord’s Game”?

[Click HERE for the answers](#)

Some Serious Talk!



There's an old saying that "**a torpedo makes constant small adjustments to stay on course**".

In that spirit, it's time for us as sheddies to make a few adjustments to how we operate in the shed.

Over recent weeks, a number of issues have been noticed: timber left piled on workbenches, machines left covered in dust and not put away, and machine tools damaged by paint and epoxy residue. This gums up machines, blunts blades, and creates unnecessary frustration for members who come in to use them and have to spend hours cleaning and repairing them. **Please ensure timber is checked for nails and that paint or epoxy is removed before wood is put through the thicknesser or saws.**

Power tools have been left out on benches with battery packs still installed.

These should be cleaned, batteries removed and stored in the battery rack, and tools returned to their designated storage locations after use.

Sheddies are also reminded that **community jobs must go through the "books."** Job sheets need to be raised and tracked, and materials used must be allocated and costed to the relevant job. As is a longstanding custom, if shed-owned materials are used—whether purchased or donated—a contribution toward their cost should be made. Donation envelopes are

available above the donation box next to the office door. Or a deposit can be made by online banking while letting the project Co Ordinator or Office Manager know what's coming and what it's for.

Charge-out decisions are at the discretion of the Project Coordinator or Office Manager and should be discussed based on who the job is for and the actual cost involved.

Membership of the shed is a privilege. The facilities we enjoy today exist because of the hard work and dedication of members over many years. We all share responsibility for respecting that effort and looking after both each other and the shed itself. For ourselves and future generations of Sheddies.

We remind you that the shed operates on a self-cleaning policy: You clean up after yourself. We do not have a cleaning crew.

There is a waiting list to join the shed, which reinforces just how fortunate we are to be here. Anyone who has worked in the forces, education, or any structured group environment will understand the level of discipline required to keep shared spaces safe, orderly, and functional.

As members, we ask everyone to make a genuine effort to lift standards, as they have begun to slip.

Wellness Group-

There will be another get together of the Wellness Group at Stonebake Café on

Monday 19th January at 12 noon.



Whether you're a regular attendee or would just like to come along out of curiosity, it is a great opportunity to share 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

Pete Montgomery 0274966901

Bob Lawton 0220178213

Ken Duncalfe 0274931463

Situations Vacant

Machine Introduction Leader.

We're looking for **two Machinery Introduction Leaders**. Roger, Don L, and Don M have filled these roles since the Shed practically opened and have now earned a well-deserved step back.

Shed Induction Presenter

We are seeking a **Shed Induction Presenter** to alternate with John Tattersall on a bi-monthly basis. Sessions are scheduled in advance, usually Wednesdays (11:00–12:30), with Saturdays by mutual agreement. There's an easy script to follow — with room to add your own flair.

By stepping forward to help the running of the shed you get a sense of purpose, the opportunity to meet lots of members, discover a bit about them, and enlarge your circle of friends. You also have the opportunity to establish an attitude of care and companionship. We are here for ourselves, our fellow sheddies and our local community. We need to create a culture of caring for each other, our Shed, its Gear and our environment.

Step forward by contacting John Tattersall to discuss what is involved and how you can help.

Email: john.t@winerackers.com **Cell:** [0223080220](tel:0223080220)

Or catch John in the Shed.

January Barbecues

Friday 30th

At Midday

Family and Friends Day

Saturday 14th February 2026

10 am - 2 pm

(Note: Change from 7th Feb. Clashes with Waitangi Day)

Panmure Basin Fun Day

Sunday 8th March 2026

10am - 2pm

Mal's Corner

This is a little reminder that the light you bring to the world is needed so much more in times of conflict . Please keep sharing your generous heart without fear. There are so many people out there who rely on the magic you create and the kindness you spread. You could be the reason someone smiles today, the reason someone pauses and takes a deep breath. You never know who needs to be touched by a heart like yours so please keep spreading the light.

Notes on doctors report-

Patient had waffles for breakfast and anorexia for lunch

Healthy appearing decrepit 69 year-old male, mentally Alert, but forgetful

Have a great week!

Kevin H (ed)

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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**