



Weekly Newsletter for the 1st September 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.

1st September

SPRING is On the Way!



September Community Events

to look out for:

Alexandra Blossom Festival Alexandra Mid-late September

Whitianga Oceans Festival Whitianga 1-30 September

Great Tastes Food Show Northland September

Auckland Heritage Festival Auckland September

World of WearableArt (WOW) Wellington Late Sept–Oct

Home Show & Pet Expo Auckland Mid September

NZ vs Springboks Test Match Auckland 6 September

Wellington Arts & Music Gatherings Wellington Throughout September

Rotorua Events (Thermal, Market, Sports) Rotorua Mid–late September

Partial Solar Eclipse Across NZ 21 September

Daylight saving going to summertime 27/ 28 September.

Mayor and Deputy's Shed Visit



Wayne Brown, Desley Simpson, Margaret Voyce and others from the Orakei Local Board called in last week for a Shed tour and a barbecue.

They clearly enjoyed the visit, had a lot of fun and agreed we were doing great things for the older members of our community.

Around the Shed

Table refurb for Grace Joel Retirement Village

Allan Lendrum displayed his skills, modifying and refinishing these coffee tables,
at the Shed this week .

A community project for Grace Joel Retirement Village.

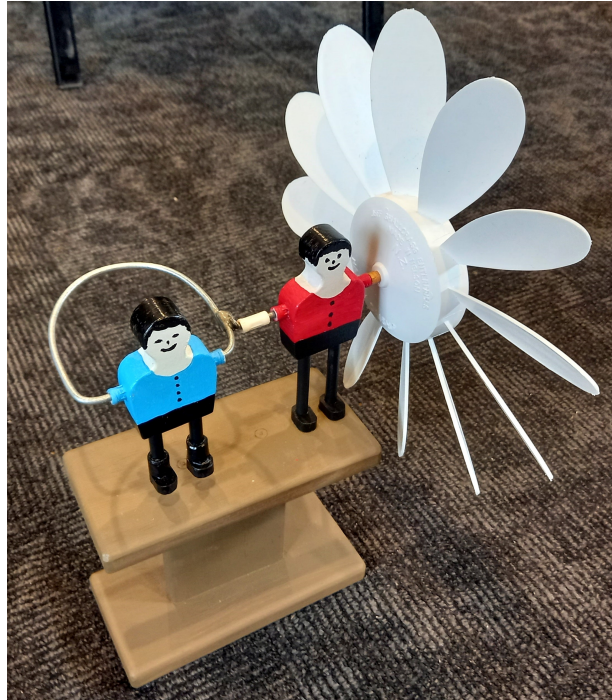
The tables were twice as long as the finished product, and too heavy to move about,
so Allan cut them in half, built new legs and rails, matched the stain and
spray painted them with polyurethane, through his airless sprayer!

Where else would you get an artisan with that skill and time, but at the Mens Shed !

Thanks for a great effort Alan ! But now they want more.....



Skipping Windmill



Sheddie Stephen Petterson made this fascinating windmill in the Shed
last week and we sold it for hundreds of dollars!
Thanks Stephen, that'll pay the power bill this month ?

Weekly Workshop

Everything You Need To Know

About MIG Welding

With Ed China (Ex TV Wheeler Dealer's) [CLICK HERE](#)



Next Barbecue

Tuesday 9th Sept

Be there or be SQUARE!



Keeping Active in the Shed



Good health isn't just about going to the gym—
your Men's Shed can keep you moving too!
Simple activities like sanding, hammering, lifting timber,
or even walking between workstations all add up to great exercise.
Gentle stretching before and after shed time helps avoid stiffness,
while regular tea breaks are a chance to rest, rehydrate, and share a laugh.
Staying active improves strength, balance, and energy,
reducing the risk of falls.
Remember, it's not about heavy workouts but steady movement.
So, keep those projects going—
your heart, muscles, and joints will thank you for every bit of shed time.

Healthy Habits, Shed Style



Looking after your health is easier when it fits into everyday life at the Shed.
Enjoy fruit or a handful of nuts at morning tea instead of biscuits, and keep a water bottle nearby to stay hydrated.

Regular health checks are just as important as sharpening your tools—they help spot issues early.

Make time for sleep, limit alcohol, and swap smoking for more time tinkering with mates.
Best of all, the friendships built at the Shed support mental wellbeing. Healthy choices, laughter,
and a good project on the bench—together they keep us thriving well into later years.

Next Wellbeing Group Meeting

Monday 1st September at 12 noon.

at Stonebake Café



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.

All welcome, just turn up on the day.

More information from.....

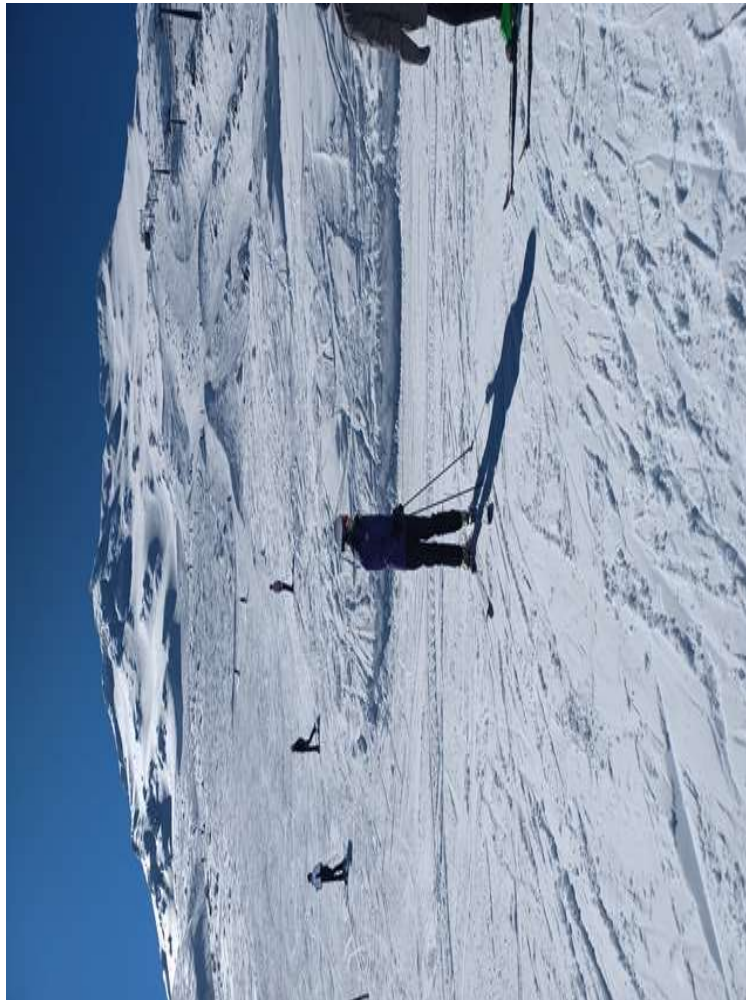
Pete Montgomery 0274966901

Bob Lawton 0220178213

Ken Duncalfe 0274931463

To The Skiers in the Shed.

Turoa this week!



Anyone at the shed who would like a day or two in Ohakune are welcome to come down midweek.

The train stops at Ohakune station just 5 minutes walk away to make a full excursion.

Address is Aorangi Ski Club, 6 Uthia Place. Alongside is landmark Kings hotel.

Contact me to arrange a visit.



Andrew Tuckey

(Treasurer)

64-21-934 532

aptuckey@gmail.com

Bunnings Fathers Day Night

Thursday 4th September

Setup from 4 pm.

Check in with Bernie to register your availability.

Quiz Night

September 17th

At Edmund Hillary Retirement Village

Join our team.



Talk to Quizmaster, Bernie.

Annual General Meeting (AGM)

Tuesday 23 September 2025 at 11:00am

98 Abbotts Way, Remuera

(Parking at Waatarua Reserve or on the road)

Join us for our Annual General Meeting,

followed by the Shed

annual photo and a fellowship BBQ.

Vacancies:

Phil's departure creates 1 vacancy.

Mal's end of Chairmanship and 8 years creates a 2nd vacancy.

Alan Minson's 8 years creates a 3rd vacancy.

Everyone else is end yr 1 of 2-yr terms.

Nominations close:

5pm, Tuesday 2nd September 2025

Forms available from the Secretary/Admin Office

or download from the links below.

Full agenda out by 7th September.

Let's get a great turnout

and keep our Shed strong!

Contact: John Tattersall – john.t@winerackers.com

[Click HERE for the AGENDA](#)

[Click HERE for a NOMINATION FORM](#)

Halloween

Friday 31st October

At St Heliers/Glendowie Community Centre.

Stonefields Market Day

Saturday 22nd November.

Start building stock now for a profitable event !

Latest Kaipatiki Newsletter [HERE](#)



Mal's Corner

Atheism is a non-prophet organisation

I wondered why the baseball kept getting bigger.

Then it hit me.!

A grenade thrown into a kitchen in France
would result in Linoleum Blownapart

Jack Nicholson
Vs
Robin Williams [HERE](#)



Our shed is open from 9 am till Midday Monday to Saturday
and on Tuesday afternoon till 3pm

Have a Great Week

Kevin H (Ed)

MENS SHED AUCKLAND EAST INC

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MSAE BANK Account NumberASB 123618 0064616 00

(Donations gratefully accepted and go towards building a stunning

Community Facility for members today and far into the future.)

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