



Weekly Newsletter for the 20th July 2026 (157)

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

The fitouts begin.....

With the structures completed, we begin the fitout of the new Engineering shop and reconfiguring the space left behind, for the woodshop.



Epoxy man, tries Bamboo....



John Edwards looks admiringly, at his latest epoxy lamp base.
Hundreds of pencils, inside bamboo pieces, epoxied and turned on the lathe.
Really sparkles, when you add the light.

Speakers

Tuesday 28th July Drowning Prevention

The Mens Shed is teaming up with Drowning Prevention Auckland to bring our friends, families, and members together for a quick, 30 mins water safety seminar in late July! Whether you're into surf casting, rock fishing, boaties, or just walking the dog by the river, this workshop will give you the tools to keep yourself and your loved ones safe.

Starts around 10.30am during morning tea.

Join us....you could save a life ... maybe even yours!

July BBQ



Friday 31st July. BBQ and a ribbon-cutting ceremony
opening the new sheds.
With the Deputy Mayor
and possibly the Mayor,
in attendance.

A plaque will record the occasion of their opening.

Its a Heartache, nothing but a Heartache...?



For Heart attack warning signs [Go Here](#)

Heart attacks are a leading cause of death in New Zealand.

Learn more about what the warning signs are,
so you can act quickly if you see or experience them.

To Lower your risk of heart disease [Go HERE](#)

To Get a free online heart health check [Go HERE](#)

You have an important role to play in your health.

The choices you make every day can change your risk of heart disease.

Find out what you can do to manage your risk of heart attack and stroke.

To Find out how Activity improves your Health [Go HERE](#)

Are you building movement into your day?

Here you will find the latest advice, tips and tools
to help you to sit less and move more.

Why that bowel screening test could save your life...

Listen [HERE](#) to The Mens Shed Wireless, Special podcast

AMSA's Stuart Torrance speaks with Melbourne gastroenterologist

Dr Oliver Cronin about bowel cancer screening,

The warning signs every bloke should know, and why a simple test could save your life.

It's a practical conversation about gut health, early detection and yes –

why you might need to poke your poo with a stick.



Wednesday Workshops

Where you can learn some really useful stuff.

22 July Biscuit Jointing with John Edwards

29th July Laser printing with Alan Simpson

5th August Pocket Hole Jigs with Otto

12th August Sewing Machine with Fraser E

19th August End grain and Pattern Board Cutting with Stephen P

26th August Chisel Sharpening with Pete M

Contact Pete Montgomery 027 4966 901 or peter@montgomery.org.nz
if you would like to present a Workshop (30 to 45 minutes) on a topic of
your choice.

**Workshops are planned to commence at 10.45 am
immediately following morning Tea.**

Next Wellness Group Meeting



At Stonebake Café

Monday 27th July at 12 noon.

Whether you're a regular attendee or visiting the group for the first time,
this is a great opportunity to chat and share stories over lunch
in a supportive and confidential environment.

As usual, everyone is most welcome to attend.

Pete Montgomery 0274966901

Bob Lawton 0220178213

Ken Duncalfe 0274931463

Annual Membership Subscriptions Due



A friendly reminder that annual subscriptions are now due.

Invoices have gone out by email, so if you don't have one, contact James at

youngjim7@hotmail.com

Thanks to all those who have paid already .

Due Date was 30th June.



Mals Corner

**The best things in life are....
the people we love,
the places we've been,
and the memories,
we have made along the way.**

**You learn nothing from life,
if you think you are right all the time.**

**Did you hear about the dyslexic, agnostic insomniac? –
he lay awake at night, wondering if there really was a dog?**
(he reverses the letters g-o-d, and ends up speculating whether or not there is a d-o-g.)

Meet Sam Neills Animals [HERE](#)



Enjoy Your Week!

Kevin H (ed)

MENS SHED AUCKLAND EAST INC

Waatarua Reserve, 98 Abbotts Way, Remuera, Auckland 1050, New Zealand

Facebook: Search Men's Shed Auckland East

Website: www.msae.nz

Email: mensshedaucklandeast@gmail.com

Landline: 09 880 9800

News or notices: send to: editor@msae.nz

MSAE BANK Account Number ASB 12 3618 0064616 00

