



Weekly Newsletter for the 20th October 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.

Speakers

Watch Gerard's Gliding Presentation

[HERE](#)



Next talk

My Trip to Greece

By Sidney Neale

Tuesday 28th October 2025

at 10.45am

Join us for an entertaining talk about Sidney's walk through history.

Then

A Windows 10 Alternative

Tuesday 4th November

at 10.45 am

Mike Milne from Kauricone will present and demonstrate

InterfaceOS Suite,

a fully fledged Operating System and Application Suite designed to run efficiently on both refurbished and new PCs and laptops.

InterfaceOS stands out in today's market for its fresh, independent design — built from the ground up, not tied to legacy systems like Windows or Linux. It delivers a clean, fast, and privacy-focused desktop experience, ideal for users who value simplicity, control, and reliability.

More about Dealing with the Update to Windows 11

Sheddie Grant Cummuskey, advises he has been successful in executing an

Extended Security Update for Windows 10

and suggests other members may like to take advantage of this Microsoft offer.

Microsoft is essentially giving personal users two options: Update to Windows 11, or sign up to receive FREE extended security updates to Windows 10 for 12 months.

These can be done in the "Privacy and Security" section of your settings.

People who own Windows 10 PCs, are eligible for Windows 11 upgrade for free.

If you don't want to upgrade straight away, or your device is too old for Windows 11, you can sign up to a scheme which will continue the most important security updates until October 2026.

This is called [Extended Security Updates](#) (ESU) - but it does not offer any technical support or other software updates.

To get it for free, you will need to have updated to the latest version of Windows 10,

have a Microsoft account and back up your PC settings.

(He found the highlighted conditions bit not necessary, but might be for others.

Certainly it would be prudent, to backup your system, before doing the ESU process.)

Have Trap Will Travel!



Gerry L giving helpful suggestions.

Eventually we loaded 25 extra long DOC200s into a ute for delivery to Waiheke Island last week.

Give us a TRAP order and we will find a way !!

Notices

Next Barbecue

Friday 31 st October

Be there and bring your tall tales!



Supporting Someone Through a Mental Health Challenge

FREE online course.

can change, and even save lives. But knowing the signs to look for, and how to respond with confidence, isn't always easy.

MH101® gives you the tools, knowledge, and practical strategies to make a real difference.

This workshop is delivered by [Blueprint](#) and funded by [Ōrākei Local Board](#).

20 - 22 October, 2025, 10am – 12pm

(attendance at all sessions required)

☐ **Where:** Online (link provided after registration)

☐ **Cost:** Free

☐ **Capacity:** Limited spots to keep the workshop interactive – book early!

MH101® is one of New Zealand's most recognised mental health education programmes,

delivered by experienced facilitators who understand real-life challenges.

It's practical, interactive, and focused on giving you skills you can use right away – in any situation.

GO HERE for more information and to Register

EVENTS

Halloween

Join us on

Friday 31st October

At St Heliers/Glendowie Community Centre.

83 Crossfield Road, Glendowie, ...

Liase with John Donovan to participate.

Stonefields Market Day

Saturday 22nd November.

Start building stock now for a profitable event !

Liase with Peter Montgomery for manning and stock.

A Finger Saved!

The Sawstop Stopped!



Well, a thumb. A Sheddie didn't wait for the SawStop blade to stop, before reaching for a piece of timber.

More Good news is that the blade was only just moving, so its OK.

And SawStop should replace the cartridge for free as it was a finger save.

Douglas has replaced the cartridge so the SAWSTOP saw is working again.

Proof that the purchase of a SAWSTOP SAW was a great idea!

Art Expo.



ART EXPO

Sat 8 & Sun 9 November
10am - 3pm

Join us at the Art Expo event, featuring artwork by the Bartizan Art Group. Artwork will be on display in the Village Atrium and available for purchase. Meet local talented Artists and support the Bartizan Art Group.

A portion of the proceeds from all artwork sales will go towards Ryman's 2025/2026 charity partner.



For more information please call reception on 570 0070

EDMUND HILLARY VILLAGE
221 Abbotts Way, Remuera
rymanhealthcare.co.nz

RYMAN HEALTHCARE

'Times Reflected'
by Gailene Marsden

Saturday and Sunday 8th & 9th of November

at Edmund Hillary Village

See [More HERE](#)



Time: 10:00 AM – 4:00 PM

Saturday Nov 15th

Tour Private gardens across Auckland's Eastern Bays

The Dove Hospice & Wellness Garden Ramble invites garden lovers to explore some of Auckland's most inspiring private gardens.

It is a one-day celebration of creativity, design, and community spirit, with all proceeds supporting Dove Hospice's free,

compassionate care for people and families facing life-limiting illness.

[MORE INFORMATION and booking HERE](#)

Quotations of the Week

LISTEN & SILENT are spelt with the same letters –

think about it!

A man sued an airline when they lost his luggage -

unfortunately he lost his case ;-))

I can only please one person each day –

today is not your day

and tomorrow is not looking good either !



Our shed is open from 9 am till Midday Monday to Saturday

and on Tuesday afternoon till 3pm

Have a Great Week

Kevin (Ed)

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(Donations gratefully accepted and go towards building a stunning

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

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