



## **Weekly Newsletter for the 21st July 2025**

**Our Purpose - To Sustain or Enhance Members' Mental Health and Wellbeing.**

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Read the whole newsletter before clicking any links.  
Otherwise you could get lost and miss out on some vital information.

### **Projects**

#### **How many traps can a Ute take?**

**New record, this week. 130 !**

An order for Auckland Council.

A biggie in a short timeframe.

Again, the Conservation Crew Came through!

You can always trust the Auckland East Mens Shed to deliver on time and on spec !



## Speakers Corner

Tuesday 22nd of July at 10.30am

( Morning Tea will be early at 10.15 am  
because there is a GC meeting to follow. )

## **“Making Sense of Your Medicines –**

### **Practical Advice from Your Local Pharmacist”**

Pranto Rahman, Pharmacist, Manager, and co-owner of Unichem Lunn Ave Pharmacy, will join us for a down-to-earth session on how to get the most from your medications.

Bring your questions — and your curiosity.”

## **Notices**

### **The Governance Committee ( GC )**

**MEETS Tuesday 22nd July.**

### **Special General Meeting (SGM )**

**Thursday, 21st August 2025**

**at 11:00 AM**

**In the Meeting Room,**

The purpose of the meeting is to formally adopt and vote  
on the proposed **New Constitution** .

This has been widely discussed with Members attending the Shed.

It has also been reviewed by our Legal team to ensure it complies with the New Act.

[Read it HERE](#) and raise any questions you may have, before casting your vote.

This is an important step in strengthening how our Shed operates .

A hard copy will be posted on the meeting room notice board on Monday.

# **Annual General Meeting (AGM)**

**Tuesday 23rd September 2025**

## **Wellness Group Meeting**

**Stonebake Café, Lunn Avenue,**

**Wednesday 30th July at 12noon.**

This is an opportunity to get together for coffee, lunch and a chat about life's challenges or other topics that may be of interest.

All discussions are held in strict confidence to provide a safe environment for free discussion between members.  
No registration required, just turn up on the day.

**For more information**

**Talk to one of the organisers below:**

**Peter 0274 966071**

**Bob 0220 178213**

**Ken 0274 931463**

**Cambridge Mens Shed**

**From an Old Dairy Factory**

**to a Sparkling New Mens Shed**

**see the Herald article [HERE](#)**



[CLICK HERE to read](#)

**NEXT BARBECUE**



**Friday 25th July at midday**

**Join US!**

## **Bookbinding Basics**

A demonstration and tutorial by Don Liggins.

Please register your interest by adding your name to ...

**The "Special Interests" Board in the Foyer of the Shed.**

A time and place will be notified.



**The Ellerslie Fairy Festival**

**& Pirate Party 2025**

## **Sunday 14<sup>th</sup> September.**

The 2025 event timing will run very similar to last year (9.30am-1pm for activities and kids market, 10.30-12.30pm for entertainers) but there will be some modifications to the activities (TBC).



### **Mal's Corner**

**The one who dies with the most toys –  
still dies !**

**Everyone is entitled to my opinion.**

**Two fish swim into a concrete wall.**

**One turns to the other and says - dam !**

**How To Squeeze all the Juice  
out of Retirement [HERE](#)**



**Our Shed is open Monday to Saturday 9am till midday  
and on Tuesday afternoon till 3pm**

**Have a Great Week**

**Kevin H (Ed)**

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