



Weekly Newsletter for the 22nd June 2026 (153)

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.

Oceania Celebrates Mens Shed



Last week our music group entertained residents at the Oceania Care centre in Meadowbank.

While many were on walkers and in wheelchairs, we got them rocking, clapping and singing to the old tunes they knew and loved.

Staff at Oceania were most appreciative of our performance and gave us a donation for our efforts, but more than that, they congratulated us on an excellent performance.

They said it was one of the best guest performances they have had, if not the best, and they would be referring us to many other Oceania Sites.

Our thanks to Alan Simpson and Dene Hoskins who led the singing and organised the event.

We all had a great time and we look forward to doing it again.

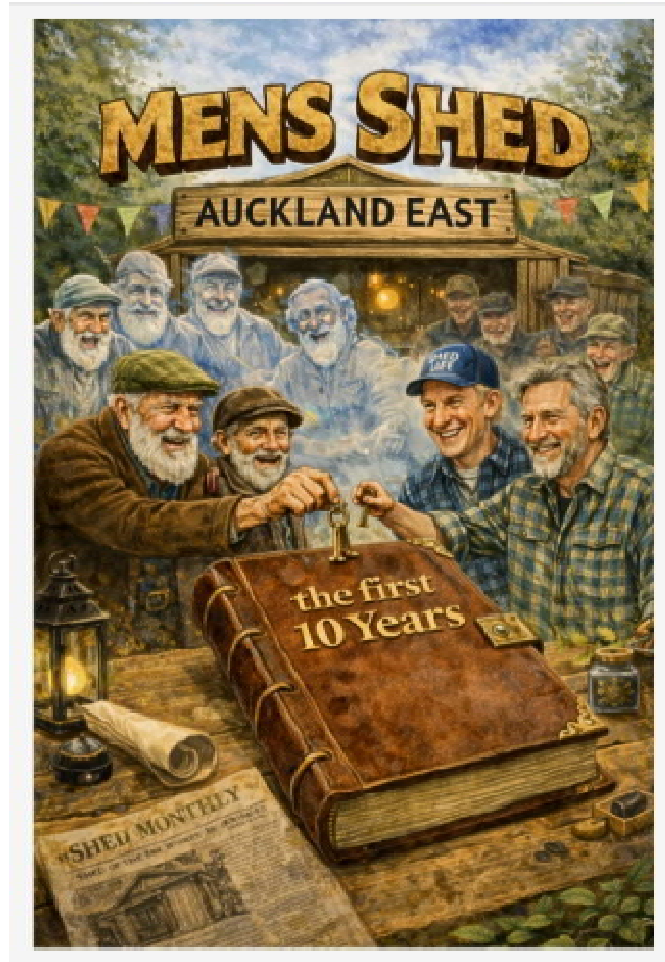
Projects

Book Release

The First 10 Years

of

Mens Shed Auckland East



The final draft of this epic tale has now been released for members' final comments before it goes to print.

All shed members are invited to review the draft and contribute their comments, corrections and additional stories, to ensure it accurately portrays our journey over the past ten years.

Two copies of the final draft have been placed in our library and are available for all members to borrow, through the library lending system.

The book currently includes 20 chapters in 120 pages in full-colour A4 format including many pictures and stories of the development of our Shed and the characters who played an invaluable part in its growth. This book captures not only the projects we have completed, but also the friendships, skills and community spirit that have made Mens Shed Auckland East what it is today."

The final selling price will depend entirely on the size of the print run. It is likely that many members will wish to have their own copy. In addition, the book could become a valuable way of showcasing our achievements and capabilities, to future funders, local councils,

community organisations, libraries, and other Men's Sheds.

Currently short-run printing costs will be approximately \$80 per copy as a comb bound volume, similar to the drafts.

A larger print run of 50 copies or more would be of a higher quality with a glued spine and reduce the cost to around \$50 per copy.

Members are encouraged to review the draft, provide feedback, and order a copy, so that the Board can determine an appropriate print run.

It is unlikely at this time that there will be a second printing, so this represents a one-time opportunity, and members who would like their own copy are urged to order early.

Two copies from the final production run will be retained in our library, for members who wish to borrow the book and reminisce, rather than purchase their own copy.

To order a personal copy, or make any comments or contributions

please contact Kevin Hansby, in the shed,

or email at

kevin.hansby@gmail.com

Last week, was Mens Health Week, in New Zealand.

As part of the dialogue, we were invited to do a health check.

So here's the link.

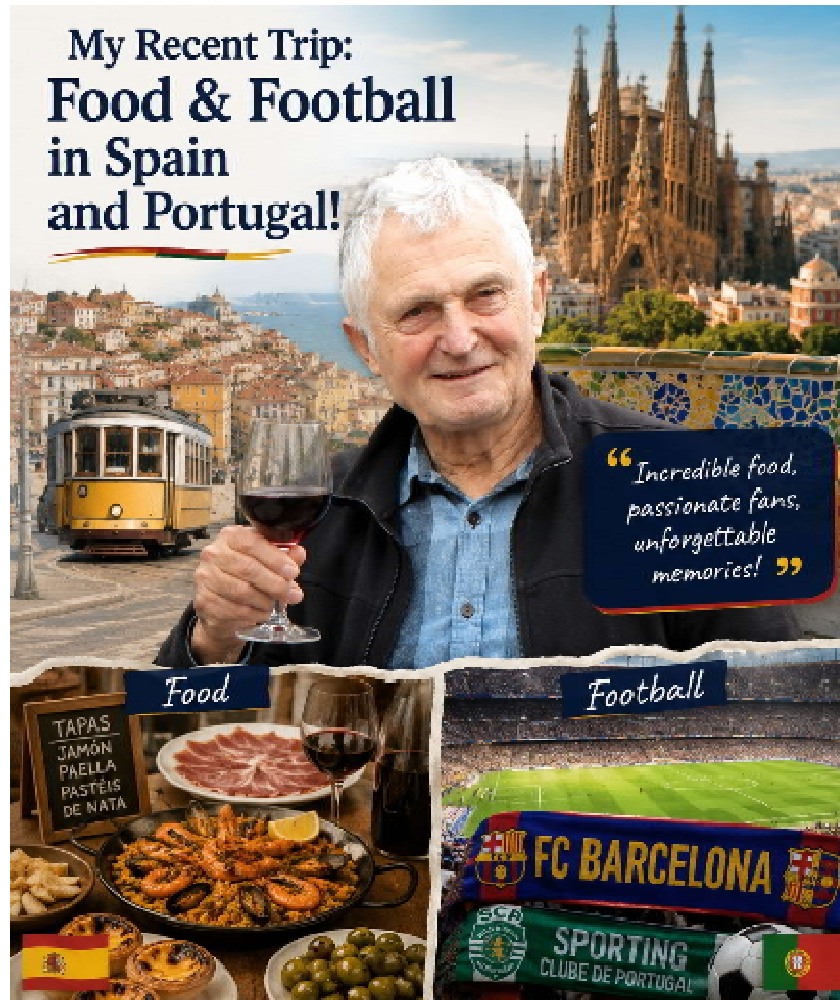
Click [HERE](#) and check yourself out!

And access the many resources offered.



Future Speakers

Tuesday, the 23rd of June – [Sidney Neale](#) -



Tuesday, 30th of June - Selwyn Pearson.

In his work as a qualified personal trainer, Selwyn has started focusing on helping men over 50 to improve mobility, strength and general fitness in a simple and realistic way.

His interest comes mainly from his own experience, seeing how many blokes our age, struggle with stiffness, a loss of strength and not knowing where to start.

June BBQ



Friday 26th June

Join us for a midwinter celebration,
with roast lamb and a desert ! :-))

We ve just got to catch him first.....

Wednesday Workshops

Where you can learn some really useful stuff.

June 24 Knife Sharpening with Pete M
Back by popular demand.

Care and maintenance of your knives

July 1st 3D Printing with Alan Simpson

July 8th Wooden Spoke Wheels with John S

15th July Wood Dies and Stains with Snow and Nigel

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.**

Wellbeing Group Meeting-



The next wellness group will meet at Stonebake Café on

Monday 22nd June at 12 noon.

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

As usual, everyone is most welcome to attend.

Pete Montgomery 0274966901

Bob Lawton 0220178213

Ken Duncalfe 0274931463



Latest Newsletter [HERE](#)

Could You Lend a Hand?

To help keep Our Shed Strong

Our Men's Shed is run by volunteers, and there are always opportunities for members to contribute their time, experience, and talents in ways that suit them.

Taking on a Shed duty doesn't mean pressure, deadlines, or a full-time commitment. It simply means helping out when you can and being part of the team that keeps our Shed thriving.

There's likely a role where you can make a difference. If you've ever thought about becoming more involved, now is the perfect time to put your hand up.

Interested?

Have a chat with a committee member and find out what opportunities are available.

Your Shed needs you—

and you'll enjoy it more than you expect!

Notice

Annual General Meeting

Our Shed's AGM, will be held at the Shed, on Tuesday 22nd of September.

Start thinking about nominations for the Board,

Would you like to be there?

Do you know someone who would make a good board member?

Are there things you would like to see the Shed Do?

Now's the time to start making plans and gaining support as
the AGM is fast approaching

Latest Seniors Newsletter



From Minister for Seniors, Hon Casey Costello

In this issue:

A lifetime advocating for older people

Resources to help spot Elder Abuse

Insulation and heating grant

Billy – power comparison tool

Navigating conversations that matter

Latest SuperGold Offers

[Go HERE](#)

“Kohi Kippers” donate to Songbird



Recently the local swimming group “Kohi Kippers” won an award which included \$1500 to a charity of their choice.

Eastern Bays Songbird was the recipient.

This picture is Michelle Brinsden receiving the gift which she says will go to purchasing 3 A220 automatic re-setting pest traps

NO DUMPING!

This week a member arrived at the Shed with the truck loaded with timber and other stuff, most of which went into the skip and cost us to dump

Please remember that only Tools and timber etc which has been approved can be brought to the shed.

Talk to Don Morrison or Douglas Ormrod to ensure its value to the shed.

DUMPING STUFF COSTS US IN DUMPING FEES

Mal's Corner

**The second half of life is not weaker than the first –
it is simply strong in a different way –
and for those willing to embrace the transition,
it may be the most beautiful chapter of all**

**My idea of a Super Bowl
is a toilet that cleans itself**

**Only Irish coffee provides in a single glass
all four essential food groups:
alcohol, caffeine, sugar and fat**

Enjoy Your 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.

