



**Weekly Newsletter for the 23rd June 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.

## **Events**

### **Speakers Corner Replay**



**The Nutritional Wellbeing and Health  
of Older Adults By Dr Sue MacDonell,**

Watch the replay Video [HERE](#)

## Barbecue

**On the Deck at Midday, Friday 27th June**

Combined with a **cleanup of the shed** from 11:00 till 12:00.

So no working on projects in the workshops during this time please.

We also need 5-6 domestic vacuum cleaners with brush heads to dust off shelves, equipment and switches etc.

Would appreciate Members bringing some in to help.

**As a reward you'll get some lovely Grub!**



Bernie is preparing a "Colonial Goose" for our "Barbecue".

Join us for a Spruce Up and a "Goose" for lunch!

(Folks, its not a real Goose, its a lamb roast all dressed up!)

## Weekly Workshop

### How to use a Dremel Tool

[CLICK HERE](#) OR the picture to watch the video (ignore the ads)



## Projects

**"Picasso" Has been loose in the Shed Again!**



Our "world renowned" artist (and dab hand with a paintbrush) Don Liggins ("Picasso" for short),  
has recently painted on the end of our raised garden, a bountiful wheelbarrow.  
Full of the produce, we are expecting from our garden.

**Mens Shed Radio. Latest Episode! [HERE](#)**





**Marty talks to Gosford Men's Shed** about their impressive Tech Room – full of 3D printers and laser cutters.

**On the road:** We chat with Ian from Grumpies Blokes' Shed in Adelaide. Why you should visit. They have the largest men's shed mural in the world!

**On the Pulse:** Stuart Torrance talks about Creaky Joints. How to make travelling with arthritis easier!

**Nailed It!** National Volunteer Week. With many of us enjoying retirement, giving back through volunteering has become a big part of our lives.

## Mens Shed Recipe of the Week

### Vegetarian Pizza

[The Mens Shed Recipe book](#) is directed at mature men who live alone, have lost a partner or are required to assume the role of planning, shopping and cooking meals due to their partner's inability. It is not intended to make a chef of the user, its purpose is to encourage confidence and ability to prepare healthy meals on a limited budget, rather than take the easy options of expensive convenience food.

Go [Here](#) to get more recipes and get the entire book.



Winter Lunch, Day 13: **Vegetarian pizza**

**Best served immediately**

**Preparation time:** 5 minutes

**Cooking time:** 20 minutes

**Ingredients:**

1 small wholemeal pita bread round for the base

¼ cup of salt reduced tomato paste.

1 cup of sliced vegetables, e.g. zucchini, mushrooms, capsicum, tomato

¼ cup of reduced fat grated cheese.

**Method:**

1. Preheat oven to 180 °C.
2. Spread base with tomato paste, layer with the vegetables and top with cheese.
3. Bake for 20 minutes, or until cheese is melted and golden.  
Serve with salad.

**Retirement Village Seminar Report (Part 6 Final)**



## **Your Next Move ---**

**Get a copy of the 35 page Village guide –**

copies are available at the Shed or contact [Villageguide.co.nz](http://Villageguide.co.nz)

**For more information, look at -**

[sorted.org.nz](http://sorted.org.nz) click on guides      &      [eldernet.co.nz](http://eldernet.co.nz)

**For further information and independent advice go to-**

[nextstepinfo.co.nz](http://nextstepinfo.co.nz) advice is for an agreed fee.

**Consider joining**



the Retirement Village Residents Association of New Zealand- [rvr.org.nz/membership](http://rvr.org.nz/membership)

### **PLEASE NOTE! Disclaimer**

These links and any information provided by the Auckland East Mens Shed are suggestions only and should not be considered to be endorsements of any of these organizations or the information they provide. As with all things legal and financial you are urged to check and confirm the reliability and integrity of these services by yourself or through your legal and financial advisors.

## **Shed Projects For Sale**

These items have been lovingly restored by our skilled artisans and are offered to members to enhance their home environment.

Talk to **Douglas Ormrod** and twist his arm for a good deal.





## Community News

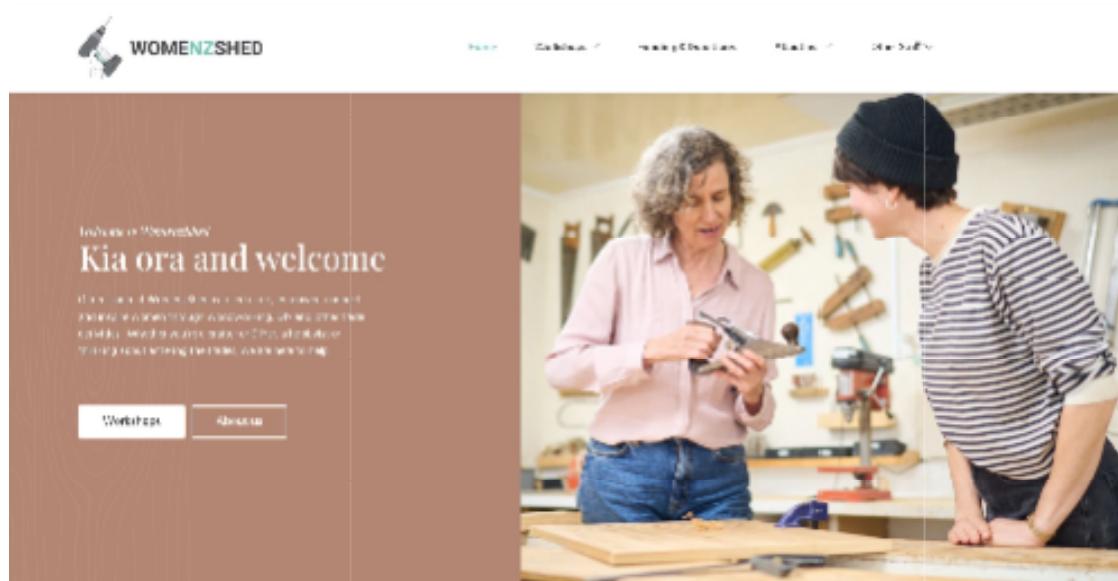


[See their Latest News HERE](#)



[Read Orakei Local Board News HERE](#)

Now theres an **Auckland Womens Shed** . [Visit it HERE](#) or click the picture.





**New Zealand's National Earthquake and Tsunami  
Drill is back for another year.**

**Thursday 16 October, 2025 at 9.30am.**

[MORE INFORMATION HERE](#)

<p><i>From Richard at the Publications' Desk</i></p>  <p><a href="mailto:publications@menzshed.nz">publications@menzshed.nz</a></p>	 	<p><i>Fostering Wellness Together</i></p> <p><i>Please support our Kiwi 'n' Sheds sponsors</i></p>  
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**To all Shed members in our sheds nationwide,**

With winter upon us it is a suitable time to get out that pen and paper and write us a story.

I am launching the 56-page book **101 Faces of MenzShed New Zealand**, and I need your help.

This book will highlight the stories of men in sheds throughout New Zealand,  
not only that, but it will also be a wonderful way to promote our organization.

Your story holds the potential to inspire others to join a shed and gain the benefits you have.

### **What is required: -**

- A story of between 150 and 250 words describing your experience at your shed and what the shed has done for you

Please use no surnames in your story

- An individual action photo of you at your shed
- We will check your story and send the final proof back to you for signing off
- The deadline for submitting your story is 20<sup>th</sup> August 2025
- Send to [publications@menzshed.nz](mailto:publications@menzshed.nz) and if you have any queries phone Richard on 0273922422

Please give it a go. There are examples in the proof copy sent to your secretary. If you would like to contribute but cannot put pen to paper,

please give me a ring and I will take your story over the phone. Ph 0273922422



### **Mal's Corner**

**A secret of a good sermon is to have  
a good beginning and a good ending  
and to have the two as close together as possible.**

**The biggest joke on humans is that computers  
have begun asking us to prove we aren't robots!**

**If you want a rainbow –  
you gotta put up with the rain :-))**

Our Shed is open Monday to Saturday 9am till midday

and on Tuesday afternoon till 3pm

***It WILL BE a great week if you say so!***

Kevin H (Ed)

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