



**Weekly Newsletter for the 25th August 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.

## **The Special General Meeting**

Went very quickly thanks to the work done by John Tattersall and Denis Sheard  
after their many discussions with members.

The resulting Constitution is meaningful, workable and complies with our legal requirements.

The motion to adopt the new constitution was passed unanimously  
by the membership.

Attendance was in the range of 40 members.

## **A New Life Member**



Our Chairman, Mal Mc Lennan, was presented with a life membership  
for his huge contribution to our development over the past 9 years.

Mal has held many positions within the shed including Fundraiser, Treasurer, Vice President and Chairman.

In addition, Mal has organised and run our speaker program and been of great assistance

with our newsletters, which keep members and supporters up to date with our activities.

**Perhaps Mal's biggest asset** is his ability to inspire and unify our many talented members

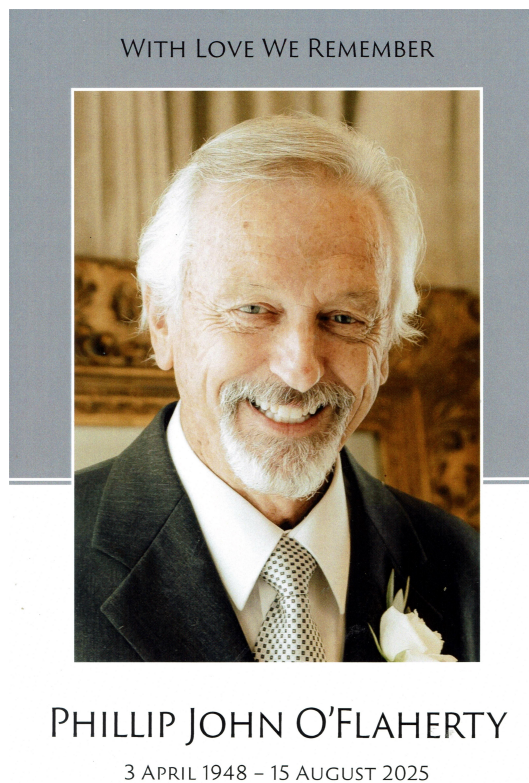
and leading them to achieve the many major milestones in our Shed's development.

**The membership thanks him**

for his huge contribution to our success

and look forward to working with him over many years to come.

## Phil's Farewell



Around 25 Sheddies turned up to Phil O'Flaherty's funeral.

Alan Minson, spoke on our behalf, acknowledging the huge contribution

Phil had made to the shed.

Our music group performed several numbers as Phil's coffin was placed in the hearse.

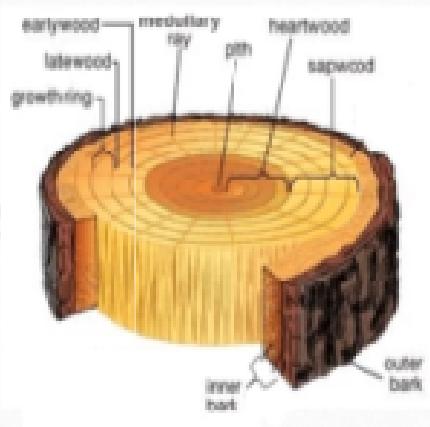
## Weekly Workshop

### Strength Properties of Timber|

[Characteristics of Plywood|](#) [Click HERE](#)

❖ **LAYERS OF TIMBER:-**

- **PITH**: The innermost central portion or core of the tree.
- **HEART WOOD**: The inner annual rings surrounding the pith. Usually dark in colour.
- **SAP WOOD**: The outer annual rings between heart wood & cambium layer
- **CAMBIUM LAYER**: The thin layer of sap between sapwood & inner bark.
- **INNER BARK**: It gives protection of cambium layer from any injury.
- **OUTER BARK**: Outer skin of tree. It consists of cells of wood fibre & is also known as cortex.
- **MEDULLARY RAY**: The thin layer of sap between sapwood & inner bark.



The diagram illustrates a cross-section of a tree trunk. At the center is the pith, surrounded by heartwood (dark) and sapwood (light). Growth rings are visible, with earlywood (lighter) and latewood (darker) alternating. Medullary rays are shown as thin lines radiating from the pith. The inner bark is the layer immediately outside the sapwood, and the outer bark is the outermost layer.

Notices

Next Barbecue

**Friday August 29th**

**Note: Barbecue starts at 12.30**

**when the Mayor is scheduled to arrive.**



Mayor Wayne Brown and representatives from The Orakei Local Board will be attending.

**Join US!**

**Your Shed Story Needed Now!**



## **101 Faces of the Shed.**

### **A publication of MenzShed NZ**

***This is a reminder to all of you to please take a minute and submit a small story about your experience of the shed (150 - 200 words)***

***and an action photo of you at the shed) for this publication. (No surnames please).***

***I have received some great stories to date but the rush has dried up.***

***Please don't leave it till the last minute.***

***This publication will benefit your shed as well as Menz Shed NZ.***

***We keep hearing that "nobody knows anything about the Menz Shed", so now is your chance to lift the profile of a great organisation.***

***Please help.***

***Many Thanks,***

***Richard***



**email to:** [publications@menzshed.nz](mailto:publications@menzshed.nz)

**PS. you can just dictate a story to Richard and he will commit it to print.**

**Just email him to set it up!**

*From Richard at the  
Publications' Desk*



[publications@menzshed.nz](mailto:publications@menzshed.nz)



**MENZSHED**  
NEW ZEALAND

*Fostering  
Toge*

*Please support c*



## **Next Wellbeing Group Meeting**

**Monday 1st September at 12 noon.**

**at Stonebake Café**



Whether you're a regular attendee or visiting the group for the first time,  
this is a great opportunity to share stories over coffee  
and support one another in a safe environment.

All welcome, just turn up on the day.

More information from.....

Pete Montgomery 0274966901

Bob Lawton 0220178213

Ken Duncalfe 0274931463

## **Quiz Night**

**September 17th**

At Edmund Hillary Retirement Village

Join our team.



**Talk to Quizmaster, Bernie.**

## **Bunnings Fathers Day Night**

**Thursday 4th September**

Setup from 4 pm.

Check in with Bernie to register your availability.

# **Annual General Meeting (AGM)**

**Thursday 23 September 2025 at 11:00am**

**98 Abbotts Way, Remuera**

**(Parking at Waatarua Reserve or on the road)**

**Join us for our Annual General Meeting,**

**followed by the Shed**

**annual photo and a fellowship BBQ.**

**Vacancies:** Chairman + 2 Board Members

**Nominations close:** 5pm, Thursday 4 September 2025

**Forms available from the Secretary/Admin Office**

**or download from the links below.**

**Full agenda out by 10 September.**

**Let's get a great turnout**

**and keep our Shed strong!**

**Contact: John Tattersall – [john.t@winerackers.com](mailto:john.t@winerackers.com)**



[Click HERE for the AGENDA](#)

[Click HERE for a NOMINATION FORM](#)

## **Halloween**

**Friday 31st October**

**At St Heliers/Glendowie Community Centre.**

## **Stonefields Market Day**

**Saturday 22nd November.**

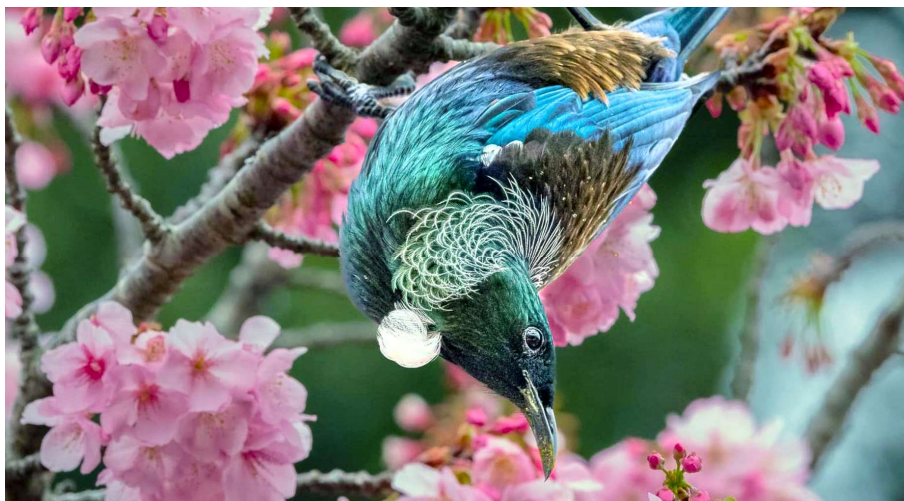


**Start building stock now for a profitable event !**

## **Community News**

**East Auckland's, Bird Boom !**

**and the 4,500 locals making it happen.**



This article by **Eastern Bays Songbird.**

**Our Main Rat Trap Customer !**

**[HERE](#)**



**August Newsletter [HERE](#)**

**Free Stand at NZ Motorcycle Show –**

**Help Promote Men's Sheds & Men's Health!**



**Show Days: Saturday 18 & Sunday 19 October 2025**

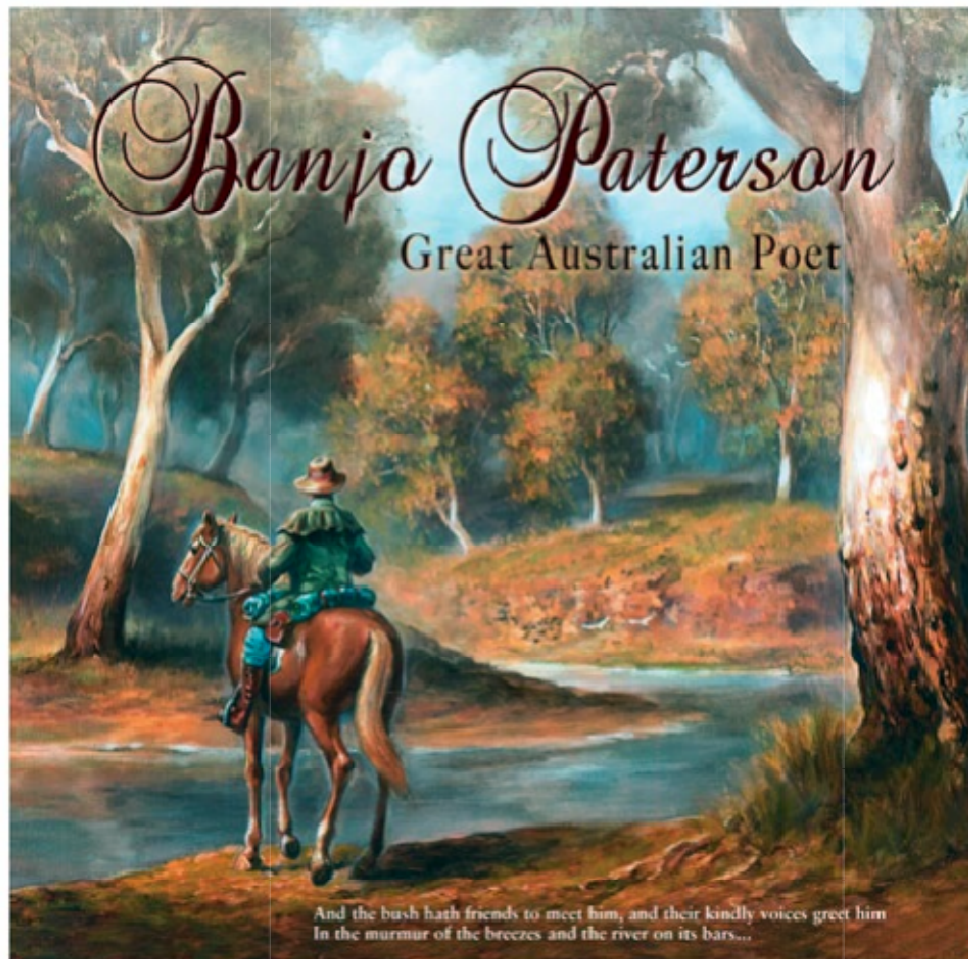
**Set-up: Friday 17 October 2025**

Menzshed NZ has been offered **free display space** at the **NZ Motorcycle Show** –  
<https://nzmotorcycleshow.co.nz/>.

This huge event attracts thousands of men and offers a golden opportunity to

**Promote our Sheds, Recruit members, and run a Men's Health Expo.**

**Why should our shed get involved? [More HERE](#)**



## Australia's Most Famous Poet, Banjo Paterson,

Presented lectures in the Auckland Opera House on the Boer War on 19-21 December 1900.

Paterson wrote many of his best known poems for the nationalist journal *The Bulletin*, including "Clancy of the Overflow" (1889) and "The Man from Snowy River" (1890).

His 1895 ballad "Waltzing Matilda" is regarded widely as Australia's unofficial national anthem and,

according to the National Film and Sound Archive, has been recorded more than any other Australian song.

**(Wikipedia)**

As a professional performance poet, I am re-enacting Banjo's lecture tour to around 50 towns in Australia and New Zealand including Auckland.

I hope that your organisation can take advantage of this historic opportunity to raise funds and offer entertainment for your community.



For further information **CLICK HERE**



## **Mal's Corner**

**Of all things I have lost, I miss my mind the most.**

**I wish I was wrong sometimes.**

**Two hats were hanging on a hat rack in the hallway.**

**One said to the other :**

**you stay here, I'll go on ahead !**

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

**and on Tuesday afternoon till 3pm**

**Have a Great Week**

**Kevin H (Ed)**

**MENS SHED AUCKLAND EAST INC**

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**News or notices: send to: [editor@msae.nz](mailto:editor@msae.nz)**

**MSAE BANK Account Number .....ASB 123618 0064616 00**

**( Donations gratefully accepted and go towards building a stunning**

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

