



Weekly Newsletter for the 26th May 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.

Events

Skydiving presentation: Tuesday 27th May



Shed member Dave McIver will be talking about his interest in sky diving, how long he's been involved and the number of jumps he's made. Also those close calls and organising a NZ record attempt at the New Plymouth airport.

Next Barbecue



On the deck at midday, this coming Friday 30th May.
Where there's a grill there's a way.

Men's Shed Music Group Heads to Coolum!



We're thrilled to announce that our Music Group has been invited to perform at the Shed Music Festival in Coolum this September — a major gathering of Men's Shed music groups from across the Pacific.

With 15 members already booked, we're eager to represent our Shed and share the spirit of music and mateship. However, fundraising has come up short, and we're asking for your support.

We've launched a busking initiative, performing at retirement homes and upcoming Shed barbecues. Join us, enjoy the tunes, and consider tossing a few dollars into the kitty. Every bit helps cover travel costs and ensures more members can attend.

Let's show the world the power of Men's Sheds. Thanks for your support — see you at the next BBQ!

Notices

Bill Lehmann



It is with deep sadness that we inform you of the passing of one of our long-standing and valued members, Bill Lehmann.

Bill joined our Shed in 2018 and quickly became a guiding light in the development of our community—particularly through his instrumental role in shaping our woodworking shop. His influence can be seen in every corner of the workshop, from the careful selection of machinery and thoughtful layout to the ongoing training and support of fellow members.

Many of us have benefited from Bill's steady guidance and calm reassurance, especially when working with complex equipment. He was always generous with his time and knowledge, helping members not only become familiar with the workshop but also to grow in skill and confidence.

Beyond his practical contributions, Bill took great care in maintaining our tools and ensuring they were used safely and correctly. His presence brought both a sense of seriousness and light-hearted humour that enriched our Shed life.

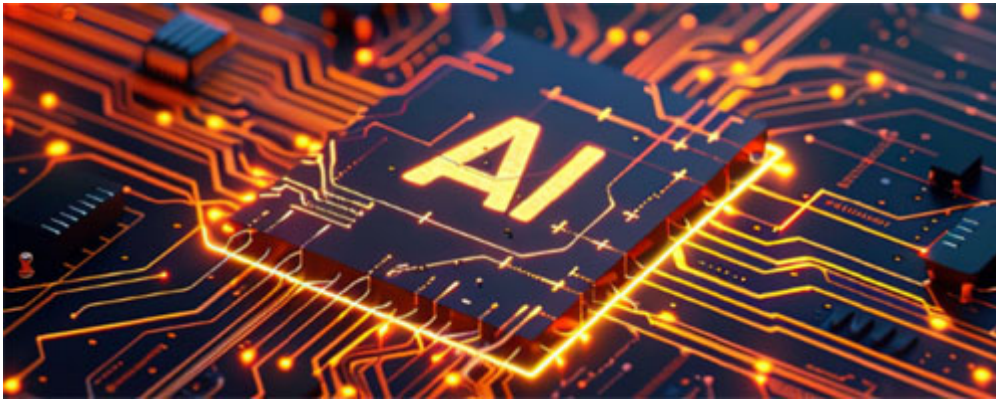
Bill came to the shed on Tuesday specifically to hear the presentation on AI and bring some home-made cake for his birthday (he was 81 last week).

We will miss Bill's steady hand, kind spirit, and ever-present willingness to help. His legacy lives on in the space he helped create and in the many lives he touched along the way.

Bill's family advises they are not having a formal service. Instead they are having a get together for family and friends (about 40?) at the Bistro in Cornwall Park on Friday 6th June so a representation of 6-8 from the Shed would be appropriate.

To give other members an opportunity to remember Bill, we will hold a special morning tea at the Shed to which Leigh and Jane would be delighted to attend. Their preference would be for a Saturday morning, so the suggested date is Saturday 14th June for morning tea. To be confirmed.

Artificial Intelligence (AI)



On Tuesday 20th May, Dom Pringle from Microsoft gave us a talk on Artificial Intelligence.
Click on the above image to see his fascinating presentation.

Retirement Village seminar



Held at the Remuera Golf Club, this was a great success with 42 Shed members, partners and friends in attendance. Here are some snippets from the seminar.

Why move to a Retirement Village?

There are many reasons why people make the decision to move to a Village

- End maintenance chores
- One partner becomes unwell or even passes
- For many – reduce costs and free up some capital
- To enjoy the many on-site facilities at a Village
- To live in a secure gated community (most Villages)
- Most buildings are well insulated and double glazed
- Be able to access multilevel care as needed in the future.
- Making new friendships and enjoying life
- Downsizing

What options maybe available (check them out)?

- Most villages have apartments - studio, 1, 2 or three bedroom, & penthouses
- Townhouses, Villas providing independent living onto full care
- Cafe (Bistro in some)

- Gymnasium
- Heated pool and spa
- Library
- Bowls, pétanque, croquet
- Card games- canasta, 500, poker,
- Scrabble, backgammon, Mahjong
- Pilates / Yoga
- Fitness / exercise groups
- Wine tasting and happy hours
- Dance and singing groups
- Movies
- TV lounge with Sky, including sport
- Visitors can stay for short term
- Additional services – cleaning, bed making, meals

Next week:

- What other facilities and activities may be available?
- What food and drink is available?
- Are you allowed to take your pet?

Community News

Emergency Mobile Alert test

**Sunday 25 May
Between 6-7pm**

/POLICE



NZ Civil Defence are testing the Emergency Mobile Alert (EMA) system on Sunday 25 May, between 6-7pm.

You can find more information at <https://getready.govt.nz/prepared/ema>

Panmure Basin cleanup

It's been a while since the last clean up of the Panmure basin, so it's time for another in conjunction with the Panmure Basin Advisory Committee, Panmure Historical Society, Adopt-a-Spot, Panmure Remember When, and the Panmure Business Association.

And support from the Tamaki Residents Association.

This will start on the 7th June 2025 at 10am from the Panmure Sailing Club car park off Ireland Road.

For any further information call Terri (Teresa) Marchant on 0211633551.

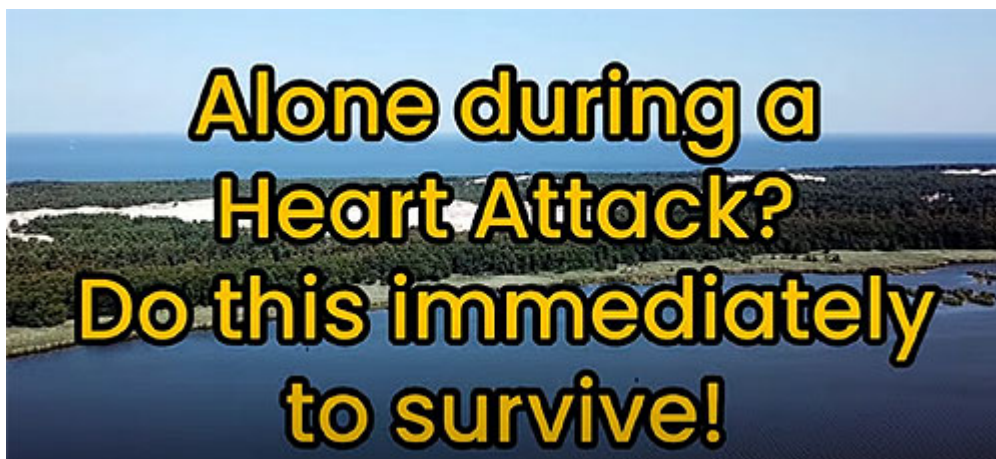
Ellerslie Village News



Click on the above logo to read the latest news from Ellerslie

First Aid

What to do if you have a heart attack and are alone



Seven life saving tips every senior must know.
Click on the image above to view the video.

Extreme Sport

Isle of Man TT



Newly crowned New Zealand Superbike champion Mitch Rees will make his debut at this year's Isle of Man TT races starting on the 26th May. Each lap is 61kms of public roads

consisting of 219 corners. The lap record is 16.36 minutes at an average of 219kph. Riders set off individually, with a 10 second gap between them. Click on the image above to see how incredibly challenging and dangerous this event is as we ride with Davey Todd. And keep an eye on his speedometer. A few minutes watching this video will give you a good idea as to how brave (or crazy) these riders are.

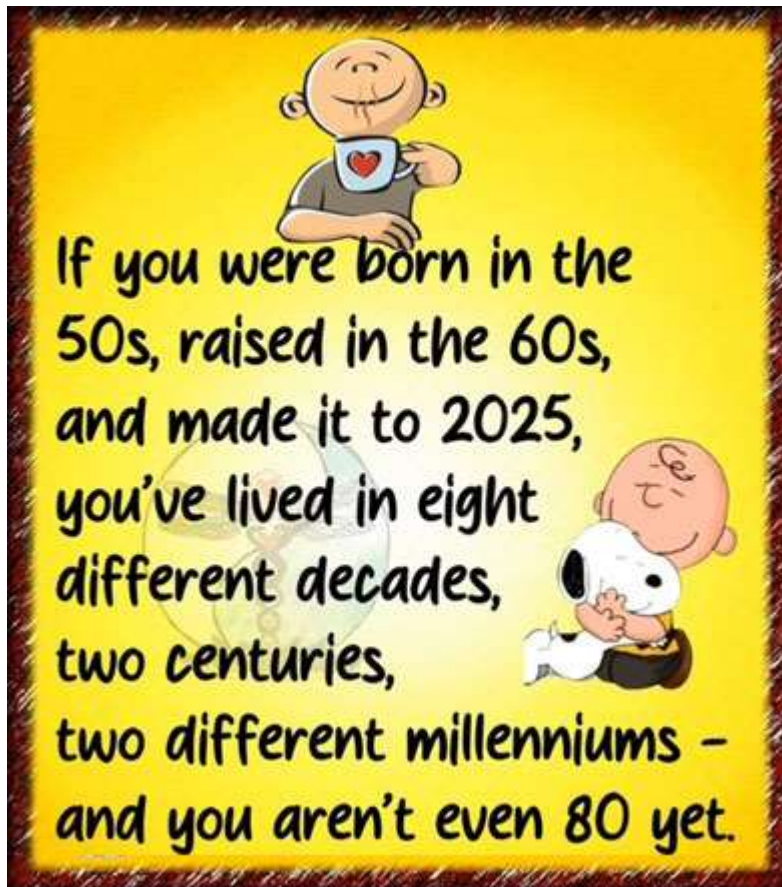


Mal's Corner

When I was very small, I remember coming home and telling my parents that a clown came to school and made all the children laugh so maybe I'd become a clown when I grow up – instead I became a politician – said Jacinda Ardern.

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

A reporter was waiting at an Ice Cream Shop – for a scoop !



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

Have a great week folks

David L [assistant editor]

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