MENS SHED
Auckland East Inc.

Weekly Newsletter for the 26th October 2026 (171)

Our Purpose - To Sustain or Enhance Members Mental Health and Welbeing.

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

View this newsletter in your browser

Speakers Corner

Nepal Floods



David Hopkins, a retired engineer, will give a presentation on the Nepal flood at

Tuesday's Morning Tea

Oct 27 at 10:15 am.

Community Projects Coming up.

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Sat Oct 31st Halloween at St Heliers Community centre with our toy cars.

Sat Nov 21st Stonefields Market Day with our stall.

Sat Dec 12 Panmure Business Market day

Your attendance is needed.

Please Register with Don Morrison in the office.

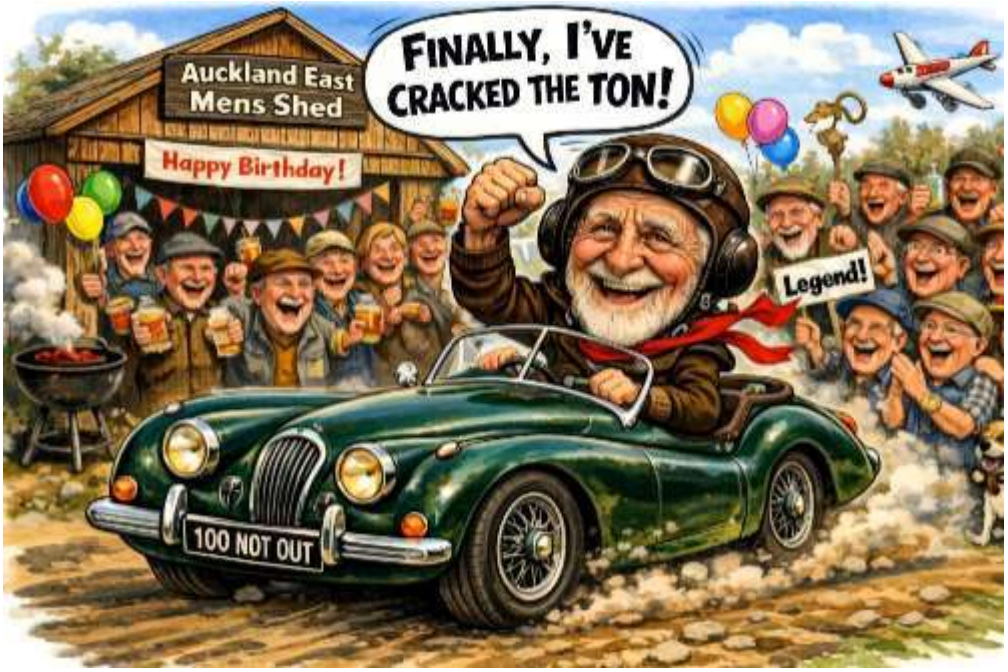
Wednesday Workshops

Learn some great stuff !

Wednesday 28th October - 3D Printing. Alan S

Workshops are planned to commence at 10.45 am immediately following morning Tea, on the Mezzanine.

Wellbeing News



Basil Campion, our 100 year old member, has moved to The Edmund Hillary Care Centre with declining health.
Members who wish to visit him can find him in Hospital 3, Room 453.

Barbecues a'coming

Friday 30th October

Tuesday 10th November

Friday 27th November



Events a'coming



Members and Partners evening

(Members and partners only please)

Thursday 19 November starting at 4:30 –

BYO drink and finger food-

Family and Friends Night

Date to be confirmed

Saturday in February / March

Take em, Fix em, Keep em !



Under the bench outside the tool room are a number of machines we're unable to get operating.
They're a mix of electrical and mechanical items.
If you want to have a go at fixing them, take them home and don't bring them back.
They'll be there for 2 more weeks, then they'll be sent for scrap.

Any queries talk to Bob Lawton



For a full list of items you can recycle visit echotech HERE



For more Songbird News Go HERE



The latest Kaipatiki News Here



The latest Orakei Local Board News Here

Mal's Corner



If you think you are smarter than the previous generation –
50 years ago, a car owners manual showed you how to adjust the valves –
today, it warns you, not to drink the contents of the battery.

The nurse asked the patient –
have you experienced a sudden loss of taste? –
the patient says –
No, I've always dressed like this.

An American footballer said
he'd never had knee surgery
on any other part of his body.

Watch the Highlights- Gold Coast 500
2026 Repco Supercars Championship

Click Here



Have a GREAT Week !

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Donations gratefully accepted and go towards building a stunning Shed for Members, for today and far into the future.