



Weekly Newsletter for the 27th April 2026 (145)

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.

Projects

Roof Framing up for New Timber Shed



Music by the Sheddies

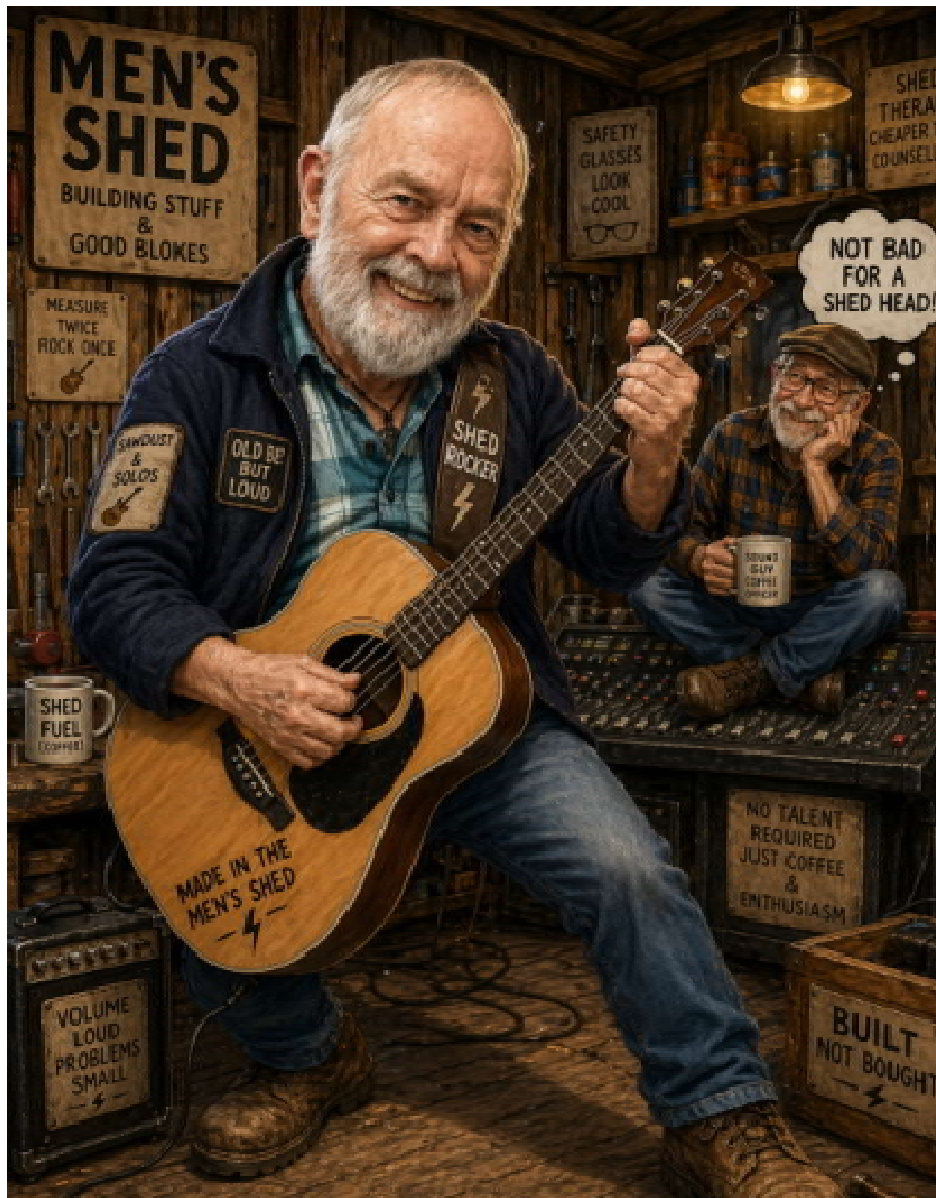
Amongst the considerable range of skills in our shed is a Sound Engineer, Simon Hackett Pain.

In fact, he has a sound desk in his basement, that recorded Princess Diana's wedding !

As a result, our "magic fingers" group are building a repertoire of music
in pursuit of a Golden Disc Award, and "Just for the Hell of it!!"

Have a listen to the first recording by our lead guitarist, Alan Simpson.

[Click HERE to listen](#)



Next Speaker

Tuesday 28th April.

“St Helena – A last Outpost of the British Empire.

Douglas Ormrod has been working on a multimedia extravaganza:
Everything you didn't know, you needed to know, about St Helena”.

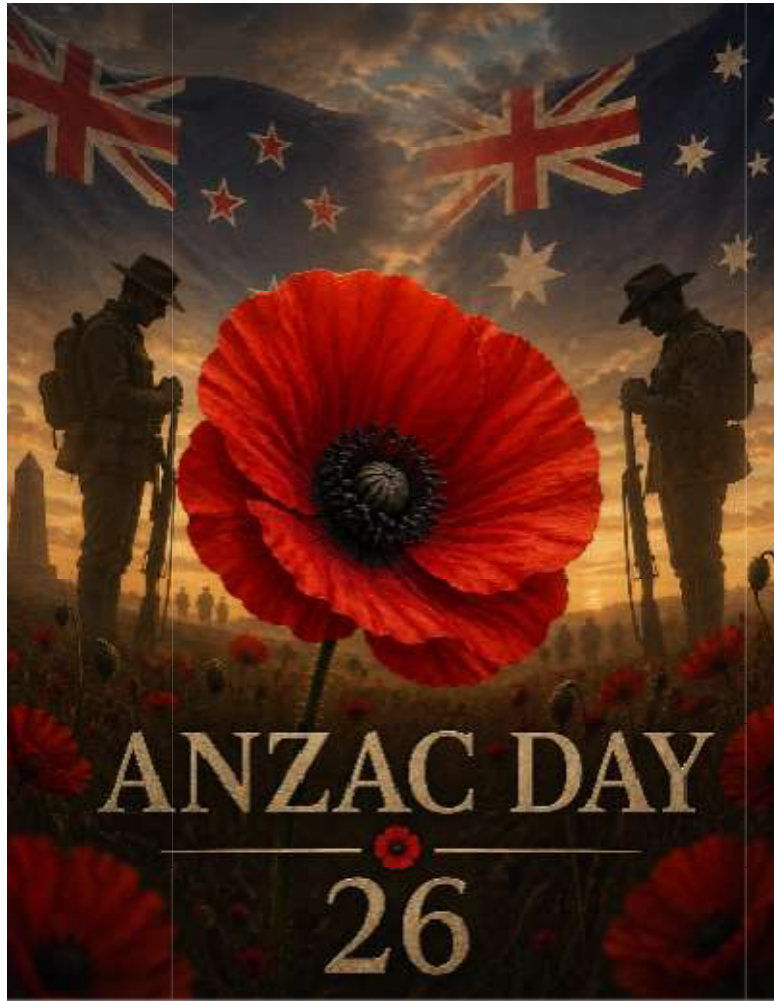
Tuesday 19th May

Don't leave a mess !

Leave a Legacy !

Estate Planning Presentation with Wendy Hampton – Lawyer, Speaker and Author

We're pleased to welcome Wendy Hampton, BA.LL.B, an experienced lawyer with over 30 years in practice, to present an informative session on estate planning. Wendy has spent much of her career specialising in property law, including wills, estates, trusts, and relationship property matters. After running her own legal firm on Auckland's North Shore for many years, she is now travelling around New Zealand sharing her knowledge and helping people better prepare for the future. In this practical and easy-to-follow presentation, Wendy will cover ways to make the administration of your estate simpler, more efficient, and more cost-effective. She'll also introduce *The Estate Planner*, a handy booklet she developed to help you organise all your important personal information in one place—making things much easier for your family and friends when the time comes. Wendy is known for her clear, down-to-earth approach and her passion for helping others understand what can often feel like a complicated topic.



Our Sheddies attended Anzac Day Celebrations at St Heliers this year along with the Wreath that we make each year for this event. Thanks to Bernie Ward and his mates for the design and building of these wreaths.





Our Men's Shed was entered into the Orakei local business awards for this year.

We have since been notified we are a finalist in the **Not For Profit / Social Enterprise** category.

10% of the winning decision comes from a public vote online.

You can help The Shed win by entering a vote and asking your friends and family to enter one too.

The More Votes we get, the better our chances of winning!!

To ENTER VOTES [CLICK HERE](#)

No drama,

Enter your email address,

Tick the Box for MENZ Shed Auckland East under "Not For Profit section"

click submit

That's it !!

(Note: Google senses the email you log in from so others need to log in under their email address to vote.)

First Aid Refresher Course



Last week our Duty Managers spent an afternoon updating their First Aid Skills. Our member Adam Craven, works for St John Ambulance so was well qualified to take us through

CPR, use of the Defibrillator in our shed, bleeding and choking strategies.

We are now up to date, with current techniques but urge you all not to test us!

We can do all these things, but would prefer

you keep up to date with your medications

and keep those "digits" in a safe place.

Wednesday Mezzanine Workshops

29/04/26	Wood dyes and stains	Snow
06/05/26	Power Planers and Sanders	Bob

13/05/26	Kreig Pocket Hole Jig	Don M
20/05/26	Biscuit Jointing tables and shelves	John E
27/05/26	Bread and Damper on the BBQ	Bernie and Karen

All workshops are planned to commence at 10.45 am immediately following morning Tea.

Video Workshop

Mobile Wooden Toy Making.....[CLICK HERE](#)



Situations Vacant

Here's your chance to get MORE out of your membership.

Storage Manager.

Your duties are simply to maintain the storage areas in the Shed. It only requires a short time each week to clean and sort the materials and ensure projects in motion are labelled and stored in the correct place. Very light duties.

Talk to Don Morrison, in the office, to register your interest or for more information.

Project Leaders required

Looking for something to do in the shed? Walk to the office and talk to David Blackmore or Don Morrison about how to secure the leadership of one of the many projects flowing through the shed. You can decide what suits your skill base and enlist helpers to help with the project.

Most of them are not under time pressure, so you can fit them in between cups of coffee and a chat.

Kaipātiki Project

Latest Newsletter [HERE](#)

Beautification Trust

Layest Newsletter [HERE](#)

Orakei Local Board

Latest Newsletter [HERE](#)

Foundation North

Latest Newsletter [HERE](#)

Mal's Corner

The sun itself is weak when he first rises –

but gathers strength and courage as the day goes on.

Be open to the Joy you deserve.

Think in the morning, Act in the noon,
Eat in the evening – Sleep in the night.

Sit Back, Relax and Enjoy

A Visual Symphony [CLICK HERE](#)



Make it a great week!

Kevin H (ed)

MENS SHED AUCKLAND EAST INC

Waatarua Reserve, 98 Abbotts Way, Remuera, Auckland 1050, New Zealand

Facebook: Search Men's Shed Auckland East

Website: www.msae.nz

Email: mensshedaucklandeast@gmail.com

Landline: 09 880 9800

News or notices: send to: editor@msae.nz

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.**