



Weekly Newsletter for the 27th July 2026 (158)

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.

Speakers

Tuesday 28th July Drowning Prevention

The Mens Shed is teaming up with Drowning Prevention Auckland to bring our friends, families, and members together for a quick, 30 mins water safety seminar in late July! Whether you're into surf casting, rock fishing, boaties, or just walking the dog by the river, this workshop will give you the tools to keep yourself and your loved ones safe.

This will be presented during the morning tea break.

Join us....you could save a life ... maybe even yours!

This will not be recorded. So. You have to be there, to benefit.

Political Candidates Presentations

for the Tāmaki Electorate.

We have invited these candidates for a short presentation and question session, over the

coming weeks.



Max Harris
Labour



Mahesh
Muralidhar
National



James
Christmas
ACT

Tuesday August 4th... Mahesh Muralidhar (National)

Tuesday August 18th,,,, Max Harris (Labour)

(unfortunately the 18th is the date of the Board meeting, so we will start early)

Tuesday August 25.... James Christmas (ACT)

Their talks will be during the morning tea break.

The political candidates are providing the morning tea food ;-))

Part 2 of Selwyn Pearson's Fitness program

[Click Here](#) To Download, view or print

(If this link doesnt work, email editor@msae.nz and I'll send the pdf to you.)

FITA BLOKES

SHEET 2

PREVENTING FALLS

Stay steady. Stay confident. Stay independent.

Simple exercises to improve your balance, confidence and reduce the risk of falls.



**STRONG
INDEPENDENT
READY FOR
EVERYDAY LIFE**

THREE KEY MESSAGES

		
1. BALANCE CAN BE IMPROVED It's never too late. A few minutes of balance practice several times a week can make everyday activities safer and easier.	2. KEEP MOVING Strong legs and good balance help you stay independent, enjoy walking and continue doing the things you love.	3. USE SUPPORT WHEN NEEDED Hold onto a chair or bench while practising. As your confidence improves, use less support.

FIVE SIMPLE EXERCISES

1 HEEL-TO-TOE WALK		Walk slowly in a straight line. Place one foot directly in front of the other. Take 10 slow steps.	WHY IT MATTERS Improves balance, coordination and walking confidence.
2 ONE-LEG STAND		Stand beside a chair. Lift one foot slightly off the floor. Hold for 10-20 seconds. Repeat both sides.	WHY IT MATTERS One of the best exercises for preventing falls.
3 SIDE LEG RAISES		Stand tall holding a chair. Lift one leg out to the side. Lower slowly. Repeat.	WHY IT MATTERS Strengthens the muscles that keep you steady while walking.
4 SIT TO STAND		Stand up from a chair. Sit back down slowly. Repeat 8-10 times.	WHY IT MATTERS Builds leg strength needed for everyday activities.
5 MARCHING ON THE SPOT		Stand tall. Lift knees comfortably. Swing your arms naturally. March for 30-60 seconds.	WHY IT MATTERS Improves coordination, confidence and balance.

 **REMEMBER**

 Keep something sturdy nearby.

 Wear supportive shoes.

 Stop if you feel dizzy.

 Little and often is best.

 Balance improves with practice.

Selwyn Keep moving. Stay steady. Enjoy life.
Stay active • Stay independent • Stay confident

We're in this together.

July BBQ

Friday 31st July. BBQ and a ribbon-cutting ceremony
opening the new sheds.

**With the Deputy Mayor
and possibly the Mayor,
in attendance.**

Wednesday Workshops

Learn some useful stuff.

29th July Laser printing with Alan Simpson

5th August Pocket Hole Jigs with Otto

12th August Sewing Machine with Fraser E

19th August End grain and Pattern Board Cutting with Stephen P

26th August Chisel Sharpening with Pete M

Contact Pete Montgomery 027 4966 901 or peter@montgomery.org.nz
if you would like to present a Workshop (30 to 45 minutes) on a topic of
your choice.

**Workshops are planned to commence at 10.45 am
immediately following morning Tea.**

Next Wellness Group Meeting



At Stonebake Café

Monday 27th July at 12 noon.

Whether you're a regular attendee or visiting the group for the first time,
this is a great opportunity to chat and share stories over lunch
in a supportive and confidential environment.

As usual, everyone is most welcome to attend.

Pete Montgomery 0274966901

Bob Lawton 0220178213

Ken Duncalfe 0274931463

New Mens Shed, News

This article appeared recently in the Eastern Times Newspaper.

Click [HERE](#) to view.

The publisher advises this has been viewed over 8000 times !

**People who want to get involved with the new shed
in Maungakeikei-Tamaki
can email**

mensshedmt@gmail.com.

Or talk to Terry Moore in the shed.



OLB Latest Newsletter [HERE](#)



Pest Free Latest Newsletter [HERE](#)

Waatarua Reserve tree planting

Saturday, August 15th, 2025, at 1 PM,

Meet in Abbots Way carpark.

[See MORE HERE](#)

Newsletter from the Naenae Shed.

You may notice a theme about how much more room there is when they are tidy.

All members should take this seriously.

Go **[HERE](#)** for the full story.

Factory Tours



We have been invited to tour several factories in our local area and seek **expressions of interest** from members.

The first is, Milner Mobility , which is an engineering fabrication company in Mt Wellington specializing in the fit out of vehicles with wheelchair lifts.

They employ a wide range of engineering fabrication equipment, which will be of interest to most "maker" members.

Email Malcolm Hardie to register your interest at

malcolm.waiaupa@gmail.com

The second resulted from a visitor to our shed wanting to buy a no 5 Stanley plane. He is a joiner who specializes in bespoke woodwork projects, including staircases and cabinetry .

He works extensively with hand tools, in this age of automation.

Greg works in a woodworking factory in Otahuhu, which is one of new Zealands largest producers of architectural joinery, including lacework and a rich mix of early Colonial, Victorian, and Edwardian building componentry.

Members interested in visiting this factory should register with the office by emailing Don Morrison at.

mensshedaucklandeast@gmail.com

FOR SALE by Tender

Heres a great bargain offered exclusively to Sheddies.

Raymond Cheung has donated this brand new, hard shell guitar case, to the Shed.

It is being offered on a tender starting at \$50, with all proceeds going to the Shed.

Put in a offer to the office, and you could be the winner.

(Note: Price in the shops would be \$150 plus)

(This is for the case only. The guitar is for demo only)



Wanted in The Shed

We need a computer monitor with a HDMI port. No bigger than 25 inch please.

Would a kind member please donate one, in good condition ?

See Don Morrison in the "Heart of the Shed" (The Office)

Your donation will live forever in our hearts and minds...so we can finally see what we're doing !



Mals Corner

A mechanic was removing a cylinder head from the motor of a LX460 when he spotted a well-known cardiologist in his workshop.

The cardiologist was there waiting for the service manager to come and take a look at his car when the mechanic shouted across the garage,

"Hey Doc, want to take a look at this?" The cardiologist, a bit surprised, walked over to where the mechanic was working.

The mechanic straightened up, wiped his hands on a rag and asked,
"So Doc, look at this engine. I opened its heart, took the valves out, repaired or replaced anything damaged,

and then put everything back in, and when I finished, it worked just like new.

So how is it that I make \$48,000 a year and you make \$1.7M,
when you and I are doing basically the same work?"

Both are incredible.

Both require skill.

But one keeps engines running.

The other keeps people living.

Enjoy Your 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.
