



Weekly Newsletter for the 28th July 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.

Speakers Corner

Tuesday 29th July

Ross Halpin,

Marketing & Sponsorship Manager from "Save the Kiwi" Charitable Trust
speaks at morning tea, to tell us about The "Save the Kiwi" activities.

Mens Shed Radio

Latest Episode [HERE](#)



Shed in the Spotlight

JPY talks to Graham Edwards from King Lake Mens Shed in Victoria.

Music for Health

Stuart Torrance is learning about it.

On the Pulse

A chat with Jason Kenner, a music therapist

On the Road

with Lance from the Palmerston Shed

in the Northern Territory

Special Guests

The Council of Elders talk about the
upcoming changes to the aged care system.

Nailed It!

Rip Woodchip is sharing a few thoughts about
mopping up after a natural disaster.

Notices

Wellness Group Meeting

Stonebake Café, Lunn Avenue,

Wednesday 30th July at 12noon.

This is an opportunity to get together for coffee,
lunch and a chat about life's challenges or other topics
that may be of interest.

All discussions are held in strict confidence to provide a
safe environment for free discussion between members.
No registration required, just turn up on the day.

For more information

Talk to one of the organisers below:

Peter 0274 966071

Bob 0220 178213

Ken 0274 931463

Next Barbecue

Tuesday August 12th at midday

Join US!

Special General Meeting (SGM)

Thursday, 21st August 2025

at 11:00 AM

In the Shed Meeting Room,

The purpose of the meeting is to formally adopt and vote
on the proposed **New Constitution** .[\(HERE\)](#)

This has been widely discussed with Members attending the Shed.

It has also been reviewed by our Legal team to ensure it complies with the New Act.

[Read it HERE](#) and raise any questions you may have, before casting your vote.

This is an important step in strengthening how our Shed operates .

A hard copy has been posted on the meeting room notice board .

The Ellerslie Fairy Festival & Pirate Party 2025

Sunday 14th September.

The 2025 event timing will run very similar to last year (9.30am-1pm for activities and kids market, 10.30-12.30pm for entertainers) but there will be some modifications to the activities (TBC).

Annual General Meeting (AGM)

Tuesday 23rd September 2025

In the Meeting room at the Shed

Bank Account Closed!!

The account with Westpac bank has now been closed

Any payments made to this account **will bounce** !

Our Bank is now the ASB

Account NumberASB 123618 0064616 00

Please adjust your payment records to go to the correct account.



Mal's Corner

In case you are feeling bad about missing
your exercise today, ponder this:

The inventor of the treadmill died at the age of 54.

**The inventor of gymnastics died at the age of 57.
The world bodybuilding champion died at the age of 41.**

The best footballer in the world, Maradona, died at the age of 60.

**James Fuller Fixx, credited with helping start America's fitness
revolution by popularising the sport of running,
died of a heart attack while jogging at age 52.**

BUT ..

The KFC inventor died at 94.

Cigarette maker Charles Winston died at the age of 102.

The inventor of opium died at the age of 116, in an earthquake.

And, the Hennessey Liquor inventor died at 98.

How did smart people come to the conclusion that exercise prolongs life?

**The rabbit is always jumping up and down, but it lives for only two
years, and the turtle, that doesn't exercise at all, lives 400 years.**

Get some rest, chill, stay cool, eat, drink and enjoy your life!

BE HAPPY !



"You are Worthwhile,

You Are Worth Something"

Click [HERE](#) for a sheddies story.



94 And Going Strong ! [Click Here](#)



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

Have a Great Week

Kevin H (Ed)

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