



**Weekly Newsletter for the 30th June 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.

## **Mid Winter Christmas Dinner**

**a HUGE SUCCESS !**



Thanks to Chef's Bernie Ward and Graeme Collie who served a delicious roast, followed by Christmas pudding, custard and ice cream..

The wind & rain caused many members to shelter in the warmth of the meeting room.

The meal followed a very thorough cleanup in the shed. Thanks to all those who participated!

## **Projects**





Nigel and his band of helpers - Paul, Stephen, and Nathan installing the third and last park bench at Stonefields School

Another happy customer! We received a personal thank you from the Principal.

"I just wanted to drop you a quick email and say how much we love the new bench seats - they look so smart.

The kids are going to love the mud kitchen too! We are grateful for the Partnership we have with you. Thanks for your wonderful work"

**Vinyl LP's and 45's are Back!**



A local importer of vinyl records has repeat ordered a batch of storage boxes for LP and 45 records. Because of the small runs, he is unable to have these made commercially and imports are too expensive. So we act as a "supplier of last resort" to make these. It all helps to fund the running of the Shed.

Our Project crew comprises Douglas Ormrod, Peter Upshire and Greg Redshaw.

They can produce these items as good as any factory...if not better!

## Stripping for Cash



Not what you think! We have many members in the shed who willingly give their time and expertise on a regular basis to do things that contribute to funding our shed's overheads.

One of those who "beavers away" in the background, is Bruce Prichard who strips old wiring and machinery for the piles of copper contained.

Last week the pile of copper accumulated over the last few weeks was sold to a metal recycler for nearly \$800 !

Other miscellaneous metals collected around the workshop added another \$330 to our cash recovery.

A double whammy, recycling junk and getting some cash to run the shed.

Thanks also to Paul O'Dowd and the others who rounded up the stock and drove to the other side of Auckland for the best price!

## **Weekly Workshop**

**The Whole Story About Making Holes [HERE](#)**

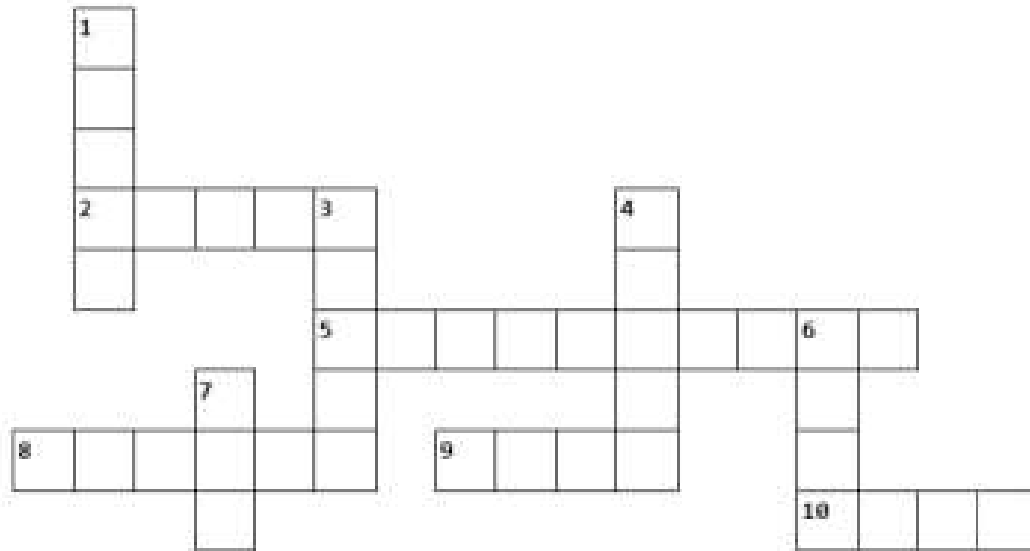


**Drill Steel like Butter!**



**CrossWord Puzzle of the Week**

# MSAE Puzzle One



## Across

- 2. holds glued boards together to set?
- 5. what is our street
- 8. measures length and angles
- 9. holds workpieces during cutting or sanding?
- 10. shapes wood using a rotating cutter?

## Down

- 1. holds the drill in a drill press
- 3. Smooths rough timber surfaces
- 4. What tool spins wood pieces
- 6. holds the blade in a bench
- 7. What do our traps trap

Go [HERE](#) For a Printable Copy

Go [HERE](#) for the answers...

Coping with the **Endless Stream of Bad News**



The world feels like complete chaos, and it's hard to step away from the news.

Maybe your body feels tight, and perhaps your mind is racing.

Take a deep breath, then read this for some coping strategies. [CLICK HERE](#)

## Community News



**Read the latest Kaipatiki News [HERE](#)**

Throughout June, Kaipātiki Project is **giving away free native plants to support [Auckland Council's Plant More Natives campaign](#)**. Just drop by our Birkdale nursery and EcoHub any weekday between 9am and 3pm, mention the campaign and receive one beautiful native plant to take home — perfect for creating food and shelter for tūī, pīwakawaka and kererū.

## Auckland City's

## Ranger Walk and Talk Programmes

Go [HERE](#)





Free walk and talk programmes are available in parks and reserves all over Auckland.  
To find out when and where the programmes take place and to book online,

## **Time to Write Your Shed Story**

With winter upon us it is a suitable time to get out that pen and paper and write us a story.  
I am launching the 56-page book **101 Faces of MenzShed New Zealand**, and I need your help.

This book will highlight the stories of men in sheds throughout New Zealand,  
not only that, but it will also be a wonderful way to promote our organization.

Your story holds the potential to inspire others to join a shed and gain the benefits you have.

### What is required: -

- A story of between 150 and 250 words describing your experience at your shed and what the shed has done for you

Please use no surnames in your story

- An individual action photo of you at your shed
- We will check your story and send the final proof back to you for signing off
- **The deadline for submitting your story is 20<sup>th</sup> August 2025**
- Send to [publications@menzshed.nz](mailto:publications@menzshed.nz) and if you have any queries phone Richard on 0273922422

Please give it a go. There are examples in the proof copy sent to your secretary. If you would like to contribute but cannot put pen to paper, please give me a ring and I will take your story over the phone. Ph 0273922422

### Notices

#### 2025 -2026 subscriptions:



Thank you for your ongoing membership and subscription support for our fabulous Mens Shed .

Invoices for the next years subscriptions will be sent on or about the 1st July.

**P.S. Payment** by bank deposit is preferred please.

## **The Shed Management Committee (SMC)**

**MEETS Friday 11th July**

## **The Governance Committee ( GC )**

**MEETS Tuesday 22nd July.**

### **Now, Hear this!**

This hearing aid was handed in last Thursday after it was found on the mezzanine.  
Would the real owner please step forward so we can talk to you!  
(The hearing aid will be in the top drawer of the middle desk in the office.)



### **July's BARBECUES**

**Tuesday 8th and Friday 25th**

Usual time and place, but **New Stories** this time pleeeeeease!





## Mal's Corner

**Antarctica is a desert –**

it only gets 2 inches of snow each year –  
the snow that is there is old and it never melts.

**Message to child-**

You can do what you want to do  
when you've done what you have to do.

**What does a tree feel when Spring arrives –**

it feels releaf?

## Top Tips for Retirement [Click HERE](#)



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

**IT WILL BE A GREAT WEEK IF YOU MAKE IT SO**

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](http://www.msae.nz)**

**Email: [mensshedaucklandeast@gmail.com](mailto:mensshedaucklandeast@gmail.com)**

**Landline: 09 880 9800**

**News or notices: send to: [editor@msae.nz](mailto:editor@msae.nz)**

**MSAE BANK Account Number .....ASB 123618 0064616 00**