



**Weekly Newsletter for the 3rd February 2025**

**Our Purpose - To Sustain or Enhance Members' Mental Health and Wellbeing.**

**WE'VE MADE IT!**

**FRONT PAGE, EASTERN COURIER!**

Click the picture to see the writeup on our shed



**Events**

**Friends and Family Day**

**Saturday February 15th**

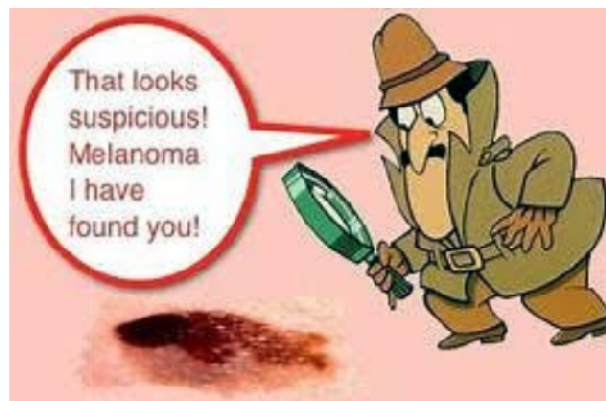
**10am till 2pm**



*A chance to show the people at home, what we do at the shed.*

(Tea and coffee served, biscuits and cake welcome.)

## **The Melanoma Van**



All bookings have been taken .

## Kawau BBQ

**18th of February.**

Graeme Phipps has negotiated a concession rate of \$75.00 for the ferry.

So far we only have 3 people booked in for this trip.

**Booking Deadline Tuesday Feb 4th**

If there are no more bookings we will cancel the trip.

## BSL Racing Visit



A bunch of sheddies visited Buckley Systems and BSL Racing last week. Fascinating to see what a Man in his 80's has achieved in his 50 years of building a business.

Still running a 600 person workforce and racing his cars all over Australasia.  
Truly Inspirational !!

**Read the Minutes of The Latest  
Shed Governing Committee meeting [HERE](#)**



## **PROJECTS**

**When does Trash Become Treasure?**





When it arrives in the Mens Shed of Course!. Here's our latest trash found on the side of the road. A cleanup and accent of its patina and a listing on Trademe, puts more **cash in our coffers.**

Keep your eyes open for cash creation opportunities.

We have the technology and the time, to turn Trash into Treasure!

## **Community News**

**'Living better':**

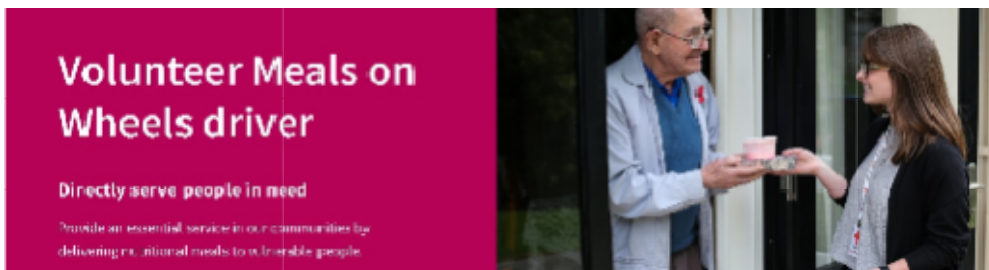
**Seniors information day'.**

**Thursday 13th March**

**Returned Services Hall in Turua Street, St Heliers**



It will consist of pop-up stands highlighting local services for Seniors, several 10 minute presentations, light refreshments and takeaway bags.  
John Tattersall will be co-ordinating our participation.



We have permanent gaps on Meals on Wheels teams at many Auckland collection points, so if you know anyone who may be interested in helping with deliveries please ask them to contact me ([karen.clare@redcross.org.nz](mailto:karen.clare@redcross.org.nz)) – or to apply via the Red Cross website

## [Meals on Wheels | New Zealand Red Cross](#)

Most volunteers prefer to be with a team that uses a collection point near their home. The 4 collection points in our area are:

**St Andrews Village, Glendowie, Ōrākei Community Centre, Ōrākei, Greenlane Clinical Centre, Greenlane, Parnell Road, Parnell**



John and Mandy here from FOREVER TREES. We are looking to get word of our international reforestation projects out to the wider environmental volunteer community.

## **The Kenya & Tanzania Reforestation Project.**

In over two decades of owning and running an international adventure travel company, leading cycle tours around the world, we witnessed deforestation and environmental degradation happening before our eyes. This prompted us to incorporate tree planting on our tours, working with local nurseries and environmental groups.

We sold our travel company in 2022, and have now partnered with four existing reforestation projects across Kenya and Tanzania and are travelling back in October 2025 with 10-12 keen people to plant more trees! We will work with local tree nurseries to buy their plants and we'll employ local labour to work alongside us, with a goal to plant 10,000 trees over four different reforestation projects in a two week period. In between projects we'll get to experience the wildlife and culture that East Africa is famous for so it's not all sweat and hard graft!

So if the idea of an adventure is getting your hands dirty, whilst hanging out with mates in a beautiful and unusual location; doing genuine environmental good, whilst building relationships and friends you never imagined but that you'll likely keep forever - then join us and roll up your sleeves tree-planting in remote and incredible communities.

This is more than just a feel good project, we aim to help grow forever forests that will benefit generations to come, preserve water catchments and create employment. And we can plant around four times as many trees in East Africa than we can here in New Zealand for the same money so your positive environmental impact is even greater.

Keen to join us or would just like some more information? Get in touch:

[john@forevertrees.nz](mailto:john@forevertrees.nz)

<https://www.forevertrees.nz/travel>

**WANT TO SEE SOME  
FOIL FUSION MAGIC?!**

**COME ALONG TO WATCH AND JOIN  
IN AS WE TURN FOIL PACKETS  
INTO SURVIVAL BLANKETS**

**FRIDAY 14TH FEB  
10AM-5PM  
ST. PHILIPS ANGLICAN  
CHURCH  
92 ST HELIERS BAY  
ROAD AUCKLAND**

**CHIPS**

We thought you would be interested to know about the first Foil Fusion Fun Day for 2025.

This will be held on the 14th February in the lounge of St Philips Anglican Church  
(92 St Heliers Bay Road).

We would love to see you there.

## **This weeks Tutorial**

### **How To Use Our Computerised Drill Press.**

Click the picture to view....





**SCAM ALERT!!!!!!!**



**Several members advised of scams they have experienced recently and want to warn other members.**

#### **The Dress Drama**

A members wife, who buys a lot on line, bought a dress. The website she found said it was NZ owned and showed pictures of a local family and an exquisite garment, well presented. So the buyer thought it would be OK to proceed. In reality the item came from China after many weeks waiting and never resembled the pictures. She now is faced with the freight cost to return and try for a refund.

#### **The Insurance Scam**

A sheddie received an email from a well known NZ Insurance company, quoting all the particulars of a members vehicle. It said he had overpaid a premium and they needed his Bank account details so they could refund the overpayment. The member doesnt insure with that company!

### **The Cruise Con.**

We received an emailed receipt from 'A major Cruise Line' for a European Cruise we'd never booked! Presume they expected us to contact them & bingo we'd be in a dialogue with a dubious outfit discussing banking details etc. No doubt they would be demanding the balance of trip payment etc. Looked very legit, passenger numbers, cabin allocations, even dining preferences. Could be tempting! 2 contact numbers supplied. The scammers are getting clever.



## **Mal's Corner**

**Adam and Eve, did not read the Apple terms and conditions**

**Dad, are we pyromaniacs? –  
yes we arson.**

**The Antarctica is the windiest continent on earth –  
wind speeds reach 320 km/h**

## **6 Secrets to Living Beyond 100**

Click the pic, suffer the ads, enjoy the video



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

**MAKE it a Great Week folks!**

Kevin H

MENS SHED AUCKLAND EAST INC

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