

MENS SHED

Auckland East Inc.

Weekly Newsletter for the 3rd March 2025

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

Tutorials...to expand your horizons!



We are going to run a number of workshop tutorials throughout the year
We encourage you all to learn new techniques and skills and to experience working with
different materials

Tutors will be experienced Shed Members and each session will be up to 60 minutes
As a guide to our initial selection of topics we invite you to select those you would like to

attend

[Click the "SURVEY" button](#)

(Dont you love Technology! There is a software glitch here....if you cannot get the survey on your phone, access from a computer!)

Tell us what courses you would like to attend.

You can add something thats not there so we can investigate interest and **add that course.**



The Story of the Slabs!



Members may have noticed several pallet loads of wooden slabs appear in the yard last week. Alan Minson tells us the history.

The kauri and totara came from freshly cut local trees in 2024 and are donations of rare native timber to the Shed. The trunk logs were stored alongside the eastern retaining wall. Dene H has a colleague with a small bandsaw mill at Karaka. Over the last few weeks Dene and John E have taken our logs out to Karaka and brought the slabs back. A pile of filleted freshly cut slabs is growing alongside the barn apron. The drying process is expected to take around 6 months.

We have invested in the logs collection, storage, delivery and gratuity to the mill owner. The slabs are considered a high-value asset and if used for projects the published charge-out schedule will apply.

To boost Shed funds, some of the slabs may be sold.

Our storage space is limited for bulk resources so thanks to all involved in this exercise from tree to slab.

Events

Next Barbeque
Tuesday 11 March at noon

Land Rover Number 20 at The Shed –





Last Friday Professor Julian Paton brought along his 1948 Land Rover and gave us a great morning tea presentation to tell us about his research into heart valve replacement in children - with more than a few Land Rover pictures thrown in.

This is The Drive-4- Hearts donation page [CLICK HERE](#)

Notices

The "Donation" Corner is Building Up!

On the bench in the reception lobby, next to the wood workshop door, we have some items which have been donated to the shed.

These are "Free to a good Home" mostly, but a donation to the shed's coffers is the right thing to do.

At the time of writing the following were looking for a home.
Carpet Squares, Ozito Wet and Dry Vacuum, Dolls House, Black and Decker Cordless Drill kit, 2 JVC Stereo Speakers, Wooden Truck and a Collectible Betamix Vitamin Tin.
Help yourself, **but put something in the Shed's donation box, with a note saying what it is for.**

SMC (Shed Management Committee) meeting Thursday March 6th.

Got something that needs discussing?
Speak to a committee member to get it on the agenda.

Retirement Village Seminar



We are putting together a seminar about retirement villages – the pros and cons

It will be run largely on the basis of a Q&A so we're looking for your questions – please reply to the Shed's email with any questions you have or pass them on to the office or Mal. **It will be held in April before Easter.**

Community News

Eastern Bays Songbird Project

Latest Newsletter [HERE](#)

Kaipātiki Project

Latest Newsletter [HERE](#)

Nae Nae Mens Shed

Latest Newsletter [HERE](#)

Big Buddies Need Men

aged 20+ living in Auckland



to step up, share their time and make a positive difference for a young boy. Big Buddy matches kind-hearted men with boys who do not have a father figure or significant male role model in their lives, so they can enjoy male friendship, guidance, someone to look up to and maybe even kick a ball round with. Our Big Buddies are thoroughly screened and then matched with a Little Buddy of 7-13 years of age.

The commitment makes a huge positive difference...to both lives!
For more information and to discuss go [HERE](#)

Waiaatarua Volunteer Day, Sunday 9-March at 10am

We are having our first monthly working bee at Waiaatarua Reserve on Sunday 9-March, 10am - noon, meeting at the Abbots Way car park. It

will be on the second Sunday each month, **led by Terry Moore.**

We will do weeding of plants that were put in during the Waiaatarua Protection Society's annual planting day in Aug-2024, between the path and the golf club driveway about 100m north of the dog pond.

There is a sign on display for all park users, so hopefully some of the dog-walkers will take an interest and come along.

Our aims for this "volunteer activation" are:

ŌRĀKEI LOCAL BOARD
Your local news
NGĀ KAWENGA KŌRERO MŌ TŌ ROHE



[Click HERE](#)



Mal's Corner

**We can put people on the moon –
you'd think we could find a man and three children in the bush !**

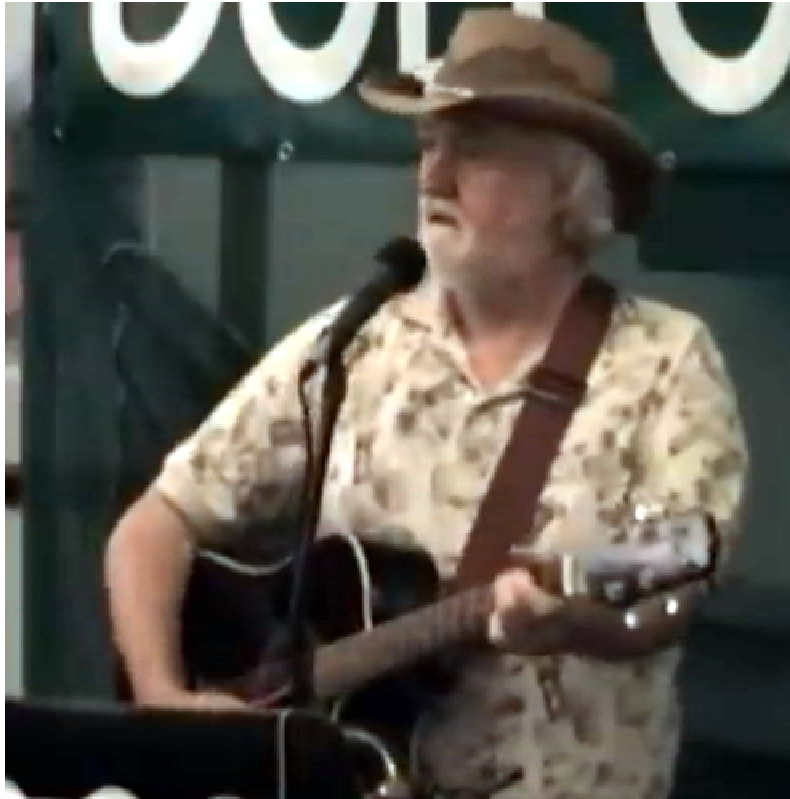
**At an orientation at Canterbury University this year –
a professor told students that the bar is now set so low,
that all they needed to do was complete their assignments to succeed.**

**Staying well—- I try to walk 4 km a day –
I do 90 to 100 half squats a day and they are good value,
I always do a bit of work on my exercycle and
I always have some sort of project going on –**

former athletics coach arch jelly – 102 years young!

A Moment For Seniors

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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