



Weekly Newsletter for the 4th August 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.

Another Fun Week at the Shed.



If you weren't there, you missed it !

Come along and join in the FUN !

Speakers Corner

Last weeks Presentation. [HERE](#)



Next speaker will be

Tuesday 12th August at 10.30am

Rich Easton of the Neurological Foundation

(It will be recorded for everyones benefit)

"A presentation by overviewing neurological research. Including a look into stroke clot retrieval, the human brain bank and dementia prevention.

Also with a video presentation from Dr Sarah Schonberger on memory in aging and ways of keeping your brain healthy."

Rich Easton is the CEO of the Neurological Foundation of NZ, a charity that funds neurological research and education / awareness in NZ.

He is also the Chair of the Neurological Alliance, an advocacy group comprising 20 charities.

The Alliance works together to get better outcomes from Government and the Health

Sector for the 1 in 3 people impacted by a neurological condition at some time in their life.

Rich has a business background in technology / customer care, along with governance experience on a number of charity boards.

The Music Group's getting closer
to their Sunshine Coast Music Festival
with the arrival last week, of their event shirts.



Notices

Barbecues

Tuesday August 12th at midday

And Friday August 29th

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 vote and adopt the proposed constitution.

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 .

Bunnings Fathers Day Night

Thursday 4th September

Setup from 4 pm.



Check in with Bernie to register your availability.

The Ellerslie Fairy Festival

& Pirate Party 2025

Sunday 14th September @ 9.30 am

Bernie organizing assistance with running the day.
Register your availability to participate.

Annual General Meeting (AGM)

Tuesday 23rd September 2025

In the Meeting room at the Shed

Looking forward tooo.....

Halloween

Friday 31st October

At St Heliers/Glendowie Community Centre.

Stonefields Market Day

Saturday 22nd November.

Start building stock now for a profitable event !

Songbird's latest news

A pohutukawa tree has been planted in St John's Bush

in Meadowbank in memory of

American entomology PhD student Kyle Whorrall (33), who was fatally attacked while sitting alone in a St John's Rd bus shelter at Easter weekend. [HERE](#)

- **Asbestos found on Glendowie Coastline** [HERE](#)

From tin cans to a digger track - all in a morning's clean-up at Wai-O-Taiki Bay [HERE](#)

See their Local volunteer opportunities webpage [HERE](#)

Waiaatarua reserve activities

Pourewa Valley, Kohimarama

Kohimarama Forest, St Heliers

Churchill Park. Glendowie

St Heliers Library Courses

August 19 th at 9 am

Introduction to Family History:

At 10.30 am Intro to Oral History:

Book at

St Heliers Library | Phone 377 0209 |

www.facebook.com/sthelierslibrary

sthelierslibrary@aucklandcouncil.govt.nz

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.

<p><i>From Richard at the Publications' Desk</i></p>  <p>publications@menzshed.nz</p>	 	<p><i>Fostering Wellness Together</i></p> <p><i>Please support our Kiwi 'n' Sheds sponsors</i></p>  
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101 Faces of MenzShed New Zealand

This is a reminder to all of you out there.

to please take a minute and submit a small story

(150 - 200 words + an action photo of you at the shed)

for this publication. (No surnames please).

I have received some great stories to date but the rush has dried up.

Please don't leave it till the last minute.

This publication will benefit your shed as well as Menz Shed NZ.

We keep hearing that "nobody knows anything about the Menz Shed",

so now is your chance to lift the profile of a great organisation.

Please help.

Send to: publications@mensshed.nz

End of an ERA

In case you missed it our local Courier newspaper ended with the final issue last week.

The changes in our world dont stop coming!

Now if you want news go to the

<https://www.stuff.co.nz/>

news website , look on neighbourly or facebook for local news.

Or watch for coming local events in this enews.



Mal's Corner

*Keep the company of people
who are trying to understand the question
and avoid people who say they know the answer .*

*If you haven't heard a good rumour by 11 am –
then start one !*

*We had social networking back in my day –
“it was go outside and play”*

**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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