



Weekly Newsletter for the 6th July 2026 (155)

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.

Projects

New Engineering Shed looking Flash!
Lined, insulated, painted and secure
with a new roller door.

Best Engineering Shop in Town!





Incredible Me!



Being amongst a bunch of likely lads, inspires many of us to achieve amazing things.

Things we didnt know we could do, until we got inspired by our mates in the shed.

Mike Buczkowski was over the moon last week, as he had managed to debug a beautiful
piece of audio visual gear

for his favourite Charity. Vinnies.

After a few weeks of head scratching, internet researching and component testing, Mike
managed to find and replace

several blown capacitors on a low voltage circuit board, inside this piece of equipment.

With his new found skills, Mike is anticipating an avalanche of gear needing debugging,

So dont be surprised if you dont see him in the shed. He'll be there, but Hard to find!

Watch out for a Wednesday workshop, where he may share his new found skills.

Speakers

Tuesday 28th July Drowning Prevention

The Men's Shed is teaming up with Drowning Prevention Auckland to bring our friends, families, and members together for a quick, 30 mins water safety seminar in late July! Whether you're into surf casting, rock fishing, boaties, or just walking the dog by the river, this workshop will give you the tools to keep yourself and your loved ones safe.

Watch Selwyn's Presentation from Last week

[HERE](#)

In his work as a qualified personal trainer, Selwyn has started focusing on helping men over 50 to improve mobility, strength and general fitness in a simple and realistic way.



OR do a FREE Fitness Workout on You Tube.

15-Minute Chair Exercises For Seniors:

Simple Seated Workout For Over 60s -

[HERE](#)



July BBQ's

Tuesday 14th and Friday 31st



Friday 31 July will be a ribbon-cutting ceremony opening the new sheds.

**With the Deputy Mayor and possibly the Mayor,
in attendance.**

Wednesday Workshops

Where you can learn some really useful stuff.

July 8th Wooden Spoke Wheels with John S

15th July Wood Dies and Stains with Snow

22 July Biscuit Jointing with John Edwards

29th July Laser printing with Alan Simpson

5th August Pocket Hole Jigs with Otto

12th August Sewing Machine with Fraser E

19th August End grain and Pattern Board Cutting with Stephen P

26th August Chisel Sharpening with Pete M

Contact Pete Montgomery 027 4966 901 or peter@montgomery.org.nz
if you would like to present a Workshop (30 to 45 minutes) on a topic of
your choice.

**Workshops are planned to commence at 10.45 am
immediately following morning Tea.**

Mystery Car



This beautiful MG appeared in the carpark last week. Perhaps it belongs to one of our members? Everybody was too busy to ask.

Anyway, the owner needs to be congratulated for driving an open top sports car on a very chilly morning.

And for preserving in showroom condition, a car most of us would love to own!

Friday 10th July

Matariki day



The shed will be open

Our 10 year History Book is Missing?

3 drafts were circulated a couple of weeks ago for final comments before we go to the final edit and print phase. The copy with a brown cover has gone missing. Would whoever has it please return to the office. The other copies are due back too with your comments. This will be your last opportunity to make any comments so please return to Kevin Hansby or the office so we can finalise the content.

Notice

Annual General Meeting

Our Shed's AGM, will be held at the Shed, on Tuesday 22nd of September.

Mal's Corner

Growing old is when you hear snap,
crackle and pop before you get to breakfast

High in the mountains of New Zealand lives the Kea ,
a parrot quite unlike others. Known for their Sharp minds and
Bold nature,
these birds often rip pieces off cars,
turning ordinary objects into their playground.

What I choose to eat today,
is going to help me feel really good today,
better tomorrow and maintaining my health for the future

**In case you need some
old time memories**

[Click here](#)



Enjoy Your Week!

Kevin H (ed)

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Donations gratefully accepted and go towards building a stunning Shed for Members, for today and far into the future.