

Weekly Newsletter for the 6th October 2025

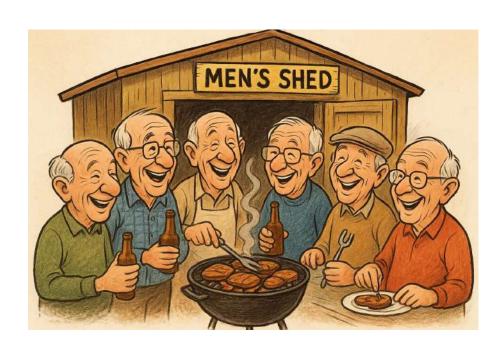
Our Purpose - To Sustain or Enhance Members' Mental Health and Wellbeing.

Read the whole newsletter before clicking any links.

Otherwise you could get lost and miss out on some vital information.

Notices

Barbecue Dates in October



Tuesday 14 th & Friday 31 st October

Whats Coming?

Tuesday October 14th Gerard Robertson

Gliding contests: Speed, distance and farmers' daughters



Tuesday November 4th

The Life and Times of Stoats, by "Carolyn (Kim) King"

An understanding of the stoat's lifecycle, tenacity,

the havoc incursions can create

and the difficulties with eradicating small numbers.

Date to be Confirmed. "My trip to Greece", by Sidney Neale



October Bird Count Is Coming!

This October...NOW!

Songbird are launching the second of their twice-yearly bird counts for 2025.

You can take part on any day (or multiple days!)

Between 13 October and 2 November

—just aim to count as close to 9am as possible.

GO HERE for more information



Click HERE for the latest version



Join the

Halloween

Friday 31st October

At St Heliers/Glendowie Community Centre.

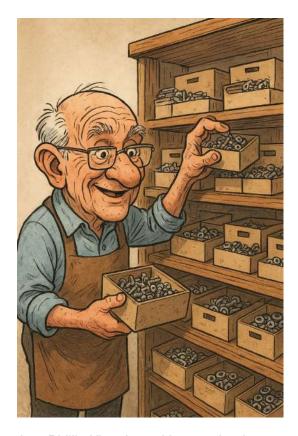
Stonefields Market Day



Saturday 22nd November.

Start building stock now for a profitable event!

Your Assistance is Requested



Our highly esteemed member, Phillip King, is seeking another keen companion to assist him in the Department of Fixings and Fastenings.

Phillip offers excellent conversation, a happy face and in depth training in the alphabetical and numerical systems.

Please meet up on your shed day and join in the fun of sorting and shelving our extensive collection of fastening devices.

Your contribution to the successful operation of this department entitles you to an extra gingernut per month. (Reviewed annually)

The only qualifications required are a happy smile, good conversation and preferably 2 hands and 2 legs. (Although the latter is not essential!)

Who Are You?



We have a member who is a Sound Engineer with a sound mixing desk.

Could he please contact the editor (editor@msae.nz)

EcoFest is coming

to the Ōrākei Local Board Area

They are hosting an information session later this month.

EcoFest is Tāmaki Makaurau's largest annual eco-focused festival celebrating sustainable living, environmental conservation

and practical climate action, running 22 March to 22 April. 2026

They invite you to come and meet the friendly EcoFest team and find out how you can be a part of

Tāmaki Makaurau's largest environment and climate festival.

Wednesday 22 October

4pm - 5pm

Meadowbank Community Centre

Go Here for more information

Latest Seniors (Govt) Newsletter HERE

Free Mental Health 101 Training workshop

(run by Blueprint for Learning) on Tuesday 18th November at Dunkirk Road Activity Centre.

Workshop and registration

Click here to register: MH101® - Blueprint for Learning

Date: Tuesday 18th November

Time: 9am-4.30pm

Venue: Dunkirk Road Activity Centre

Quotations of the Week

If you avoid conflict so as to keep the peace – you start a war with yourself.

A politician complaining about the media is like a sailor complaining about the sea

Have lots of lie-ins

Worlds Best Ads HERE



Our shed is open from 9 am till Midday Monday to Saturday and on Tuesday afternoon till 3pm

Have a Great Week

Kevin (Ed)
MENS SHED AUCKLAND EAST INC

Waiatarua Reserve, 98 Abbotts Way, Remuera, Auckland 1050, New Zealand

Facebook: Search Men's Shed Auckland East

Website: www.msae.nz

Email: mensshedaucklandeast@gmail.com

Landline: 09 880 9800

News or notices: send to: editor@msae.nz

MSAE BANK Account Number ASB 12 3618 0064616 00

(Donations gratefully accepted and go towards building a stunning

Community Facility for members today and far into the future.)