



**Weekly Newsletter for the 7th April 2025**

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

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**Top Tip:**

Read the whole newsletter before clicking any links

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

**See what the New SawStop Saw can do.**

**Then you can say,**

**You saw the sawstop saw, saw!**

**(How fast can you say it!)**

**Click the pic to see the SAFETY video of the saw, saw.**

**and see why everybody buys them**



I know you saw the sawstop saw, saw last week,  
but we haven't perfected how it saw's yet.  
When we do, we'll show you how it saw's,  
so you can saw too!  
Dont get sore, just yet!

## Constitution Review

Shed Members are invited to review the draft Constitution.

**This has been necessary because of changes in legislation and the**

**need to make it more "workable".**

Download the document from the [link](#) below.

Changes are highlighted in grey, deletions are marked in red with a strikethrough.

Clauses without any markings remain unchanged.

Please review the clause changes and on a separate copy, write the reference clause you wish to provide input on, and record your comments.

**Email your input to [john.t@winerackers.com](mailto:john.t@winerackers.com).**

The deadline for submissions is **COB on April 21st, 2025.**

This is our Shed's Constitution, and we seek views from Members only, not external parties.

Please provide only your thoughts and recommendations.

Any clauses that are changed must be definitive and clearly defined, not subjective or open to interpretation.

After incorporating relevant membership submissions into the draft Constitution, it will be passed to our legal counsel for final review.

This version will be made available to all members to ensure consensus before adding it to the next SGM agenda for adoption.

Adoption requires a minimum of two-thirds of eligible members present to vote yes at the SGM.

**If you have any questions regarding the review, please call, email,  
or speak to me at the Shed on Tuesdays and Wednesdays.**

Thank you for your assistance.

Regards, John Tattersall, GC Secretary

**To review the Draft ..... [GO HERE](#)**

## **Events**

### **Mal's Ardmore Shock**

Mal told us all about it last week

Relive it [HERE](#)



## Notices

**Next Barbecue**

**Tuesday 8th April**

**At noon, on the deck and under the new canopy.**

## Machine Introductions

**Sat 26 th April**

See how its done or get a refresher.

Book in at the office or find Don Morrison or John Tattersall.

## **Tuesday Talks**

**Tuesday April 8th**



Sarah Freiberg from Harbour Sport will talk about how to prevent falls for the 65+.

She will give us some basic exercise options to do at home and some useful resources to help.

**Tuesday April 15th**

The Joys of **Macular degeneration** .

**Looking for a Dietitian**

to help us improve our health through a good diet.  
Does anyone know a good speaker?

**If so, Let Mal know.**

**Have you got a story to tell or  
would you like a speaker on some other subject?.**

**Talk to Mal McLennan, to book a slot**

## **Retirement Village Seminar**

We are putting together a seminar about retirement villages –

We're looking for your questions –

Send to the Shed's email, hand in to the office or give them to Mal McLennan

**It will be held in May when speakers are available.**

## **Easter Shed Hours**

The shed will be operating all through Easter with normal hours.



**Did you wind your clock back**

**on Sunday Morning?**



**It's the End of Daylight Saving!!**

**Weekly Workshop**

**How to Set Up and Use a Dado Stack**





More Training videos are on our website on the video page under training videos.

Click [HERE](#) to see them

## Community News

### Bunnings Easter Family Night

Thursday April 10th.

Starting at 5 pm

We will have our cars and other amusements.

We need members to help with activities

Bernie Ward is our co ordinator.

**Please register your interest.**

### Overbridge To Glen Innes Station.



## **One step closer, to the long-awaited City Rail Link**

Click the picture to read all about it.



## **Attacking Weeds at Waatarua Reserve**

Join in on **Tuesday April 8th**



A part of the Connecting People with Parks Programme funded through six local boards, Albert-Eden, Puketāpapa, Maungakiekie-Tāmaki, Waitematā, Ōrākei and Whau

Thanks to Terry Moore leading a recent Waitarua Protection Society event in March, we were able to scope out where attention is needed on the Reserve.

To learn more ahead of Tuesday's event see the [POSTER HERE](#)

We are not looking for big groups to sign up as we do cap these events between 15 -20 people due to having one team leader budgeted for.

**BOOK IN [HERE](#)**



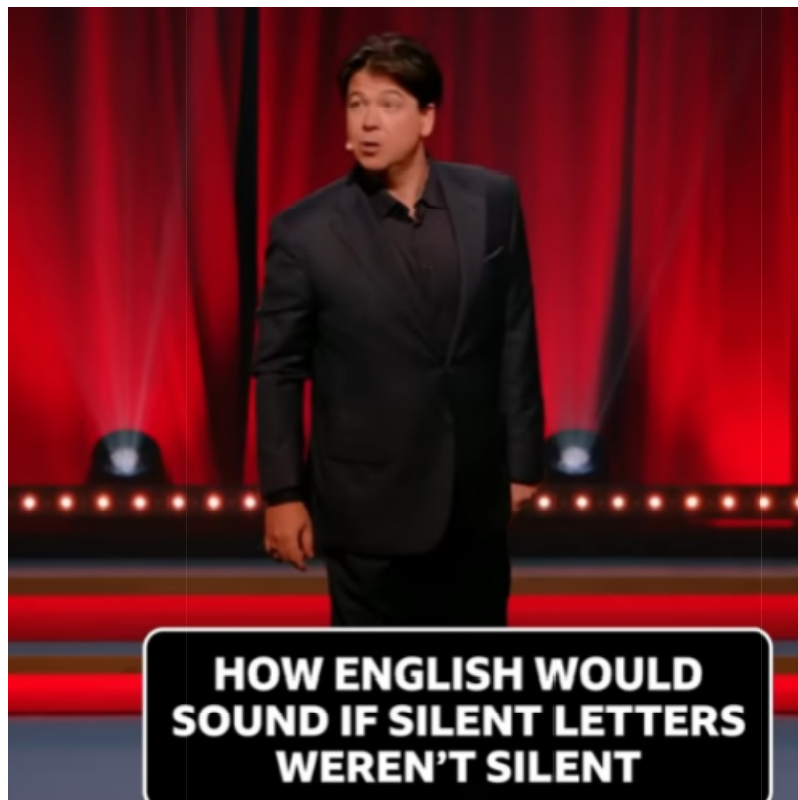
## Mal's Corner

**I take full responsibility for my actions,  
except the ones that are someone else's fault.**

It's hard to be nostalgic  
when you can't remember anything !

I intend to live forever –  
so far so good ;-))

[click the pic to watch the video.](#)



**Our Shed is open Monday to Saturday 9am till midday**

**and on Tuesday afternoon till 3 pm**

***Have a great week folks***

Kevin H

**MENS SHED AUCKLAND EAST INC**

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