



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

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

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Read the whole newsletter before clicking any links.  
Otherwise you could get lost and miss out on some vital information.

## **Speakers Corner**

**Tuesday July 8th at 10.30 am**

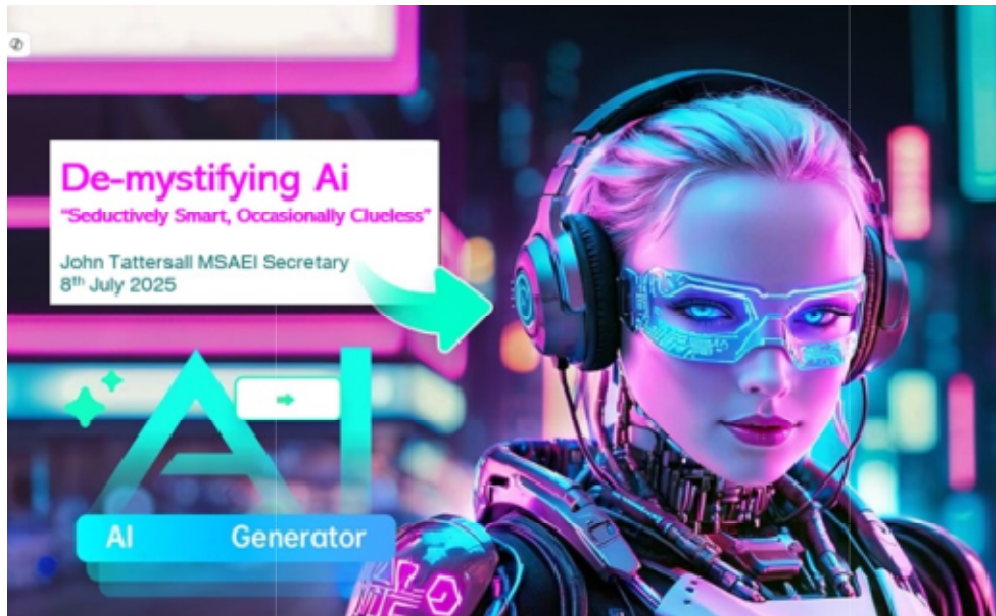
**(Early tea at 10.15am)**

**De-mystifying Ai**

**"Seductively Smart, Occasionally Clueless"**

By John Tattersall ( Mr AI for short! )

Watch out for **" a live demo with a special moment!"**



## **Next Speaker**

**Tuesday 22nd of July at 10.30am**

( Morning Tea will be early at 10.15 am because there is a  
GC meeting to follow. )

**“Making Sense of Your Medicines –  
Practical Advice from Your Local Pharmacist”**



Pranto Rahman, Pharmacist, Manager, and co-owner of Unichem Lunn Ave Pharmacy, will join us for a down-to-earth session on how to get the most from your medications.

He'll cover practical topics like when and how to take your meds, common interactions with food, alcohol, and supplements, and why some instructions really do matter.

He'll also talk about safety tools like blister packs, real questions customers ask every day, and how modern pharmacies are helping people stay independent and well.

Whether you're managing a few tablets or supporting a mate, this is a chance to get clear, useful answers from someone who sees these issues every day.

Pranto grew up in West Auckland and trained at the University of Auckland Pharmacy School. He's been a registered pharmacist since 2018, worked in Glen Innes, and has been based at Lunn Ave since 2021, becoming co-owner in 2023.

Bring your questions — and your curiosity.”

## Projects

**The LOUVRE Museum may be closed** for visitors, but our raised gardens, are still open.

The latest artwork by our "in house" PICCASO" ( "The Don" .....Liggins)

is a watering can with lots of flowers. Look closely. It's 3D Art.

No charge to admire and enjoy!



## **"Toyman" Murray Gregg, makes another Truck!**

Since coming to the Shed Murray has created a new pastime for himself.

Building lots and lots of wooden toys for the Grandkids.

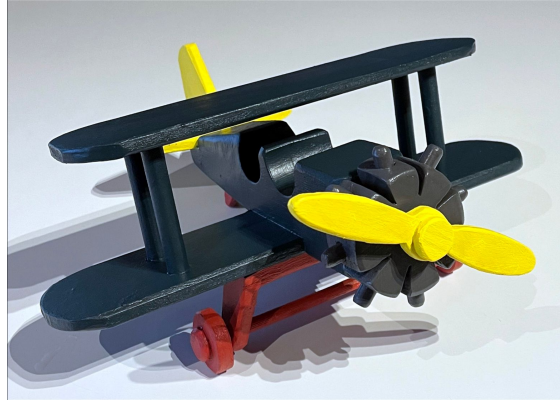
Aeroplanes, Cars, Trucks and Play walls.

Using his new found skills, developed in the Shed.

Great fun for Grandad and the Grandkids who are roaring around

with lots of toys to play with.





## Weekly Workshop

**How to Drill Straight Holes** [HERE](#)

**4 ways to get it right for almost nothing.**



## Notices

**2025 -2026 subscriptions:**



**Payment by bank deposit is preferred please.**

It is now nearly two years since we

**changed our account from Westpac to ASB**

**Some members are still paying Westpac –**

we are about to close the West bank account

PLEASE PAY YOUR SUBSCRIPTION into the **ASB Account**

**ASB 123618 0064616 00**

( The ASB account number is also on the subs invoice)

***The Shed Management Committee (SMC)***

***MEETS Friday 11th July***

***The Governance Committee ( GC )***

***MEETS Tuesday 22nd July.***

**NEXT BARBECUE**

**Tuesday 8th**

**High Noon on the Foredeck.**

# MEN'S SHED

**Barbies up again boys!  
Gra and Bern are doing  
snarlers with a  
surprise again!**







**REMEMBER TO.....**



**FOR SALE in the Shed**



## **Lawnmower For Sale**

**Can be test driven!!**



Nice little Mower. All tuned up and running beautifully, after servicing by the local Mower tech.  
Great for the beach house or any tame grass around the house.

**Talk to Douglas Ormrod.**

Any reasonable offer accepted.

## **Peavey Electric Guitar For Sale**



This Guitar has been refurbished in our shed.  
It has been electrically certified and road tested by our resident music officianados.  
Suitable for a beginner or an experienced player .  
Just what you need to wake up the neighbours! (or the kids!)  
Or your budding grandchild, who really wants to Rock!

**Talk to Douglas Ormrod.**

Any reasonable offer accepted.

**( Funds used to pay the power bill! )**



## Mal's Corner

In a completely rational world,  
the best of us would be teachers  
and the rest of us would settle for something less.

Don't wear tight underwear on an aircraft

She was engaged to her boyfriend with a wooden leg –  
but she broke it off !

## The "Brothers"

ON A MISSION FROM GOD ! [HERE](#)



**Our Shed is open Monday to Saturday 9am till midday  
and on Tuesday afternoon till 3pm**

**IT WILL BE A GREAT WEEK IF YOU MAKE IT SO**

**Kevin H (Ed)**

**MENS SHED AUCKLAND EAST INC**

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