



Weekly Newsletter for the 7th September 2026 (164)

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

The Production Storage Shed Goes into Production



All the shelves were cut to fit, welded, installed and stocked last week. A true team effort.
They will be used for storing finished products and prototypes
yielding urgently needed work space in the Barn.

Butchers Block

Sheddie Ian Hollister recently completed this butchers block
in the Shed, as a personal project.

He enjoyed making it and it should prove very useful.

PS: Dont show the chef in your house...they'll want one too!



Future Speakers

Tuesday 8th September – Michael Jones

Sheddie Michael will tell us about his seven day trip to the Chathams - facts and figures, history and places he visited.

Tuesday 15th September - Carolyn (Kim) King

Weasels and stoats: Trap makers - know your target. Kim is a retired professor Emerita, University of Waikato and studied weasels in the UK (1967-71) and stoats in NZ (1971-2025).

Wednesday Workshops

Wednesday 9th September - Pete M (Main workshop)
Bobbin, Belt, Drum and hand-held Sanders – set up, use and care for these machines

Wednesday 16th September - Stephen P on mezzanine
End grain cutting boards with 3 dimensional pattern design and finishing

Wednesday 23rd September – Pete M
Traditional Linseed Oil demystified with facts and fifteen different uses explained

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

Factory Tours

The Engineering Factory tour

is now on the Thursday 10th of September

Assemble at the shed to car pool at 9.30am

The Leader is Malcolm Hardie

The Woodworking Factory tour is to be advised.

Please register your interest with Don Morrison in the office.



Read the Songbird Annual Report [HERE](#)



An initiative, one of our members, Peter Buchanan has discovered, is called
(strangely, but memorably)

"Love Heart" go [HERE](#) - a social learning organisation for those aged 50+
based in Auckland and Hawkes Bay.

They organise a great programme of webinars, workshops, and courses.

As an example, attached are details of a workshop on Thurs. 10 Sept. (10-

12pm) at Stardome that might appeal to some?:

"Biotechnology, Actually, Is All Around Us", by Senior BSI Scientist Dr Revel
Drummond. [more HERE](#)

World Alzheimers Month September

Each September, people unite from all corners of the world to raise awareness and to
challenge

the stigma that persists around Alzheimer's disease and all types of dementia.

Read More [HERE](#)



Alzheimers New Zealand

[Click HERE](#) for the New Zealand Website

Good News Corner

The media loves violence, disaster, **racial tension and mayhem.**

It gets depressing!

So here's some good news about our GREAT Country.

Seeing inside an apple without cutting it

A new New Zealand agritech programme is developing **hyperspectral imaging**
to assess the internal condition of apples without cutting them open.

[.Read More](#)

New Zealand launches a New Advanced Technology institute

New Zealand has taken another step into advanced technology with the official launch of the **New Zealand Institute for Advanced Technology (NZIAT)** in Auckland.. [Read More](#)

Solar power reaches a new record in New Zealand

New Zealand's solar electricity generation increased by **66% in the past year**, reaching a new record as several large-scale solar farms came online. Geothermal electricity generation also reached a record level. [Read More](#)

A major new dry dock could bring ship repairs back to New Zealand

A significant step has been taken toward developing a **large shipyard and dry dock at Marsden Point in Northland**, [Read More](#)

New Zealand strengthens its connection with Thailand

New Zealand and Thailand have formally launched a **Strategic Partnership**, with both countries aiming to increase two-way trade to **NZ\$13.5 billion by 2045**. [Read More](#)

Barbecues

Tuesday 8th September

Tuesday 22nd September

(following the AGM)

Annual General Meeting (AGM)

Tuesday, 22 September 2026

Time: 11:00am

Venue: Men's Shed Auckland East Incorporated, 98 Abbotts Way,

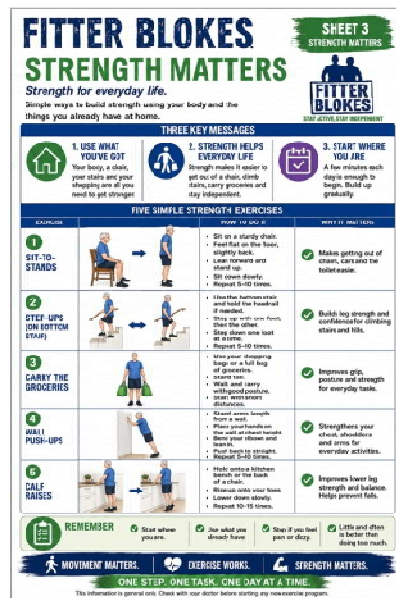
Remuera

Parking: Waiatarua Reserve or roadside parking along Abbots Way.

Following the AGM, you are warmly invited to join the Shed annual photo.

To view the AGM notice, please Click [HERE](#)

Fita Blokes Version Three



Download the latest fitness version [HERE](#)

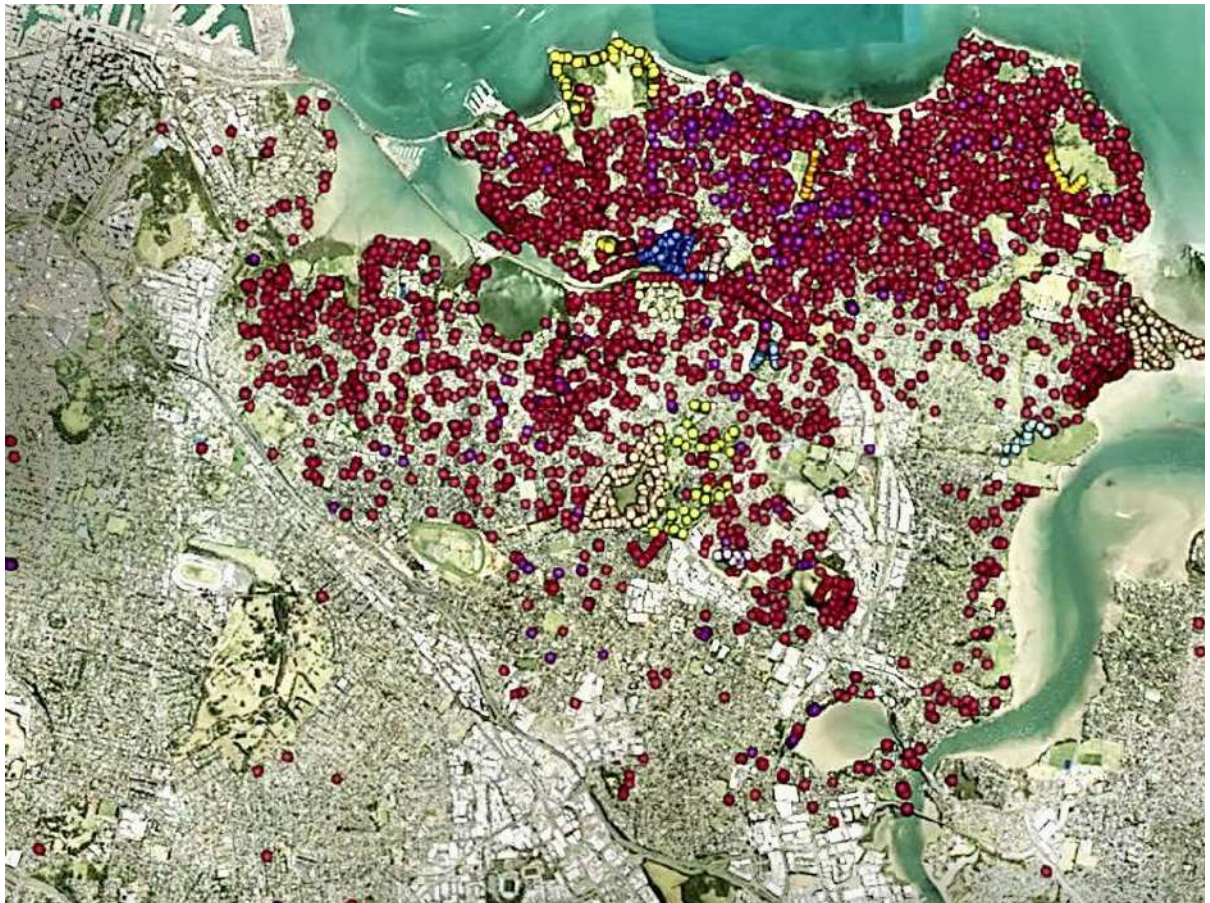
Latest National Mens Shed News [HERE](#)

(Note: this is a flip book format so you need to click the arrows on the right and left to turn the pages...very Novel!)



Where did all our traps go?

Eastern area trap map



Mal's Corner



**The Art of medicine often involves amusing the patient
while nature and time cures the disease**

**Enjoy the little things because one day you may look back
and realise they were big things**

Why do psychics ask you for your name?

"Billy Connolly, Dead in 18 months! Why Men's Sheds matter"

Billy Connolly visited a Men's Shed in Scotland and made a fascinating observation about the old Glasgow shipyard workers.

According to an article about the Men's Shed movement, Connolly noted that **shipyard workers often lived for only about 18 months after retirement.**

Whether that figure was scientifically established or was Connolly's recollection, the observation makes you stop and think.

What happens when a man suddenly loses his workplace, his mates, his purpose and somewhere to go?

Men's Sheds provide an answer.

They're places where men can **make things, use the skills they've spent a lifetime developing, meet other men, have a laugh, drink coffee and — perhaps most**

importantly — feel that they're still contributing.

It's a pretty good description of why Men's Sheds matter.

Watch Billy in a shed [HERE](#)

The Essex Shed Network now has at least 30 sheds.

Take a look at how the movement started and what it aims to do for older men. [HERE](#)



Enjoy Your Week!

Kevin H (editor@msae.nz)

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Donations gratefully accepted and go towards building a stunning Shed for

Members, for today and far into the future.

