



Weekly Newsletter for the 8th of December 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.

It's nearly Christmas again... just 17 days to go!

Guest speaker

Tuesday 9th at 10:30am

Shed member Paul Saunders will tell us about CASTELS.

Is it a:

- A) A German pencil maker founded in 1761 ?**
- B) A ham fisted attempt to spell "castle" ?**
- C) A physio's worst nightmare ?**

Come along next Tuesday and find out.

December Barbecues

Tuesday 9th and Friday 19th

At Midday

Christmas / Partners Evening



The Christmas evening was a great success !

Many Shed members with their partners enjoyed Santa's annual visit to our Shed including great food, sharing stories and music group warbling.

Shed Expansion Projects – an update



With the new canopy completed progress now turns to the new storage shed and concrete plinth for the dust extraction unit. To make the best use of resources, removal of some top soil will take place to prepare for the storage building and mechanical workshop extensions as stages 3 & 4 of the extension projects.

Reporting to the Board, a Project Control Group (PCG) has been formed to manage these projects (Alan Minson – Project Director, Mark Nobilo PCG Chair, Andrew Tuckey, Denis Sullivan, Mal McLennan, Terry Oaks) Regular progress updates to members will follow. In the meantime reach out to any members of the PCG if clarification is required.

Photo shows preliminary work last Tuesday relocating the fence on the western boundary to make room for the new storage shed.

Wellbeing Group - Mens Shed Auckland East

The Wellness Group will have an end of year gathering at Stonebake Café on

Monday 15th December at 12 noon.

Whether you're a regular attendee or visiting the group for the first time, this is a great opportunity to share stories over lunch and support one another in a confidential and safe environment.

As always, everyone is most welcome.

If you wish to learn more about the group, please do not hesitate to contact either Pete, Bob or Ken.

Pete Montgomery 0274966901

Bob Lawton 0220178213

Ken Duncalfe 0274931463

Family Day

Saturday 7th February 2026

10 am - 2 pm

Panmure Basin Fun Day

Sunday 8th March 2026

10am - 2pm

Sport

Hayden Paddon – the forgotten champion



Hayden is New Zealand's most successful rally driver both nationally and internationally, winning 1 WRC (World Rally Championship) rally, 2 x European Rally Championships, 8 WRC podiums, and more than 40 WRC stage victories. He was the 2011 Production World Rally Champion, becoming the first person in the Southern Hemisphere to ever win a world rally championship. He's also a 7-time New Zealand Rally Champion and has received many other national accolades. And he has just won the 2025 Australian rally championship.

Click the image to watch Hayden in action at the Otago Rally earlier this year, with co-driver John Kennard reading the pace notes. These notes are guiding Hayden through the course, telling him what's coming next. The ability to decode instructions like "Sixty left five minus over crest opens over 60 tightens four plus into triple caution right four over big jump off camber" is part of the reason why Hayden's our most successful rally driver.

Mal's Corner

Coffee is a social binder, a warmer of tongues, a soberer of minds, a stimulant of wit, a foiler of sleep if you want it so.

Santa has the right idea – visit people only once a year.

These days it's easy for doctors. Either it's something I have to live with, or something I have to live without.

May this week bring you all the things you enjoy most

David L (assistant editor)

MENS SHED AUCKLAND EAST INC

Waatarua 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

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