



Weekly Newsletter for the 9 th June 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.

Projects

THE SHED'S BIGGEST ORDER SO FAR !

The Environmental Team has recently completed a big order of pest traps from Auckland Council. It was for **3 special extended versions** of the DOC200 for use on the Hauraki Gulf islands of Ponui and Motuihe.

News has spread of our prowess with quality, combined with adaptability,

with special designs.

As usual, we accepted the challenge and rose to the occasion!

Council staff are trying to avoid having the native flightless Kiwis and Wekas enter the traps, so have produced customised keyhole-type entry and ramp configurations. A recent addition is the provision of electronic monitors indicating when traps have been sprung.

The Team finished the order on 3rd June and delivery was done on 6th June

There were 3 Versions of this trap

- **Version One. Rectangular singles (24 units)**



- **Version two. Rectangular doubles (20 units)**



-

Version Three. Experimental singles (5 units)



Events

Speakers Corner

Tuesday the 17th of June

**The nutritional wellbeing and health
of older adults**

By Dr Sue MacDonell,

(Note: Dr Sue has agreed for it to be recorded so it will be available on the Video page of our website)



Sue is a Senior Lecturer & Programme Director in Nutrition & Dietetics at the University of Auckland.

Sue enjoys all things related to food but has a particular interest in optimising the nutritional wellbeing and health of older adults

Barbecues

On the deck at midday, Tuesday the 10th and Friday 27th June



Tuesday will be the normal fare but Bernie has a treat for us on Friday 27th June.

As a thankyou for the morning regular cleanup of the shed, Bernie is preparing a "Colonial Goose",

Colonial Goose is a classic New Zealand dish that showcases colonial ingenuity.

Despite its name, it contains no goose. Instead, it's crafted from a boned leg or shoulder of lamb or mutton,

stuffed with a festive mixture, and roasted to resemble a goose.

He tells me you havent lived until youve had a "Colonial Goose"!

Join us for the experience of a lifetime.

The Folks are Busking Again!



At the last barbeque their efforts were rewarded with a healthy sum towards their trip to the Coolum Music Festival on the Sunshine Coast.

They will be Busking again on Tuesday and would appreciate any further contributions.

They will be down on numbers because members are away, but the remaining minstrels will do their best to brighten your day.

Please bring along a little appreciation, for their efforts.

Retirement Village Seminar Report (Part 4)



Alternatives to a retirement village.

What are the options if you stay in your home and have any services you need provided by a company specialising in elder care ?

Some examples are.:

Private care NZ - healthpoint.co.nz

Eldernet eldernet.co.nz

Care Workers mycare.co.nz

Geneva Healthcare genevahealth.com

Seniorline seniorline.org.nz

Care on Call careoncall.nz

Healthcare NZ healthcare.co.nz

My Home care myhomecare.co.nz

Points against moving to a Retirement Village

I am too young.

I don't want to spend the rest of my life amongst a whole lot of old people.
(in some villages there are residents who go out to work every day.)

It costs too much –

A unit in the retirement village is not a good financial investment.
You don't get any capital gain on your money, and I want to leave my kids
as much money as possible.

My family are opposed to me selling the family home !

They say, that they will look after the property and me when required.
Rather than move to a village, they say, I can move in with them and/or
build a granny flat on the back of their place.

All of the services offered by retirement villages_

are available on the open market which can be purchased as required (e.g
gardening, lawnmowing, exterior/ interior maintenance, nursing care,
showering assistance, housekeeping, cleaning and in-house catering)

I now live in a supportive local community and don't feel the need to leave my neighbourhood__

my neighbours, and my local friends. And be placed in the position of
having to make new friends.

I feel really secure in my own home

and familiar surroundings. I don't think I could cope with the change..

To Talk to some Shed members who have considered these questions

and decided to move to a village

contact:

Bruce Coe - lives in an Oceania Village.

David Blackmore.- lives in a Ryman Village

Mal McLennan- lives in a Summerset Village.

Next week-

Costs of buying into a village and ongoing costs.

What are the costs of staying in your own home?

Ownership structures and the agreements

Changes to legislation.

Wellness Group Meeting

Stonebake Cafe on Wednesday 11th June at 12 noon

All members are very welcome to join in to have a chat over a coffee and lunch in a safe environment.

The opportunity to engage with others can be very helpful in dealing with life's challenges, no matter how big or small.



No registration required, just turn up on the day.

For more information talk to any of the following members

Peter 0274966907

Bob 0220178213

Ken 0274931463

Bill's Family Farewell



Bill Lehmann left us recently for that big workshop in the sky.

To celebrate his life some sheddies joined his family and friends to celebrate the person he was and the huge contribution he made to our little community.

Comments were made that his presence is still felt in the Shed. When we step up to the thicknesser or begin on the bench saw we can feel his presence and remember the lessons he gave us, to keep us safe and produce quality work.

Bill's family assured us that the Shed was a big part of Bill's life, as, like most of us, retirement comes as a bit of a shock, when all we face at the beginning of the day, is the housework, the lawns and the garden. The Mens Shed gave Bill purpose, friendship and the chance to share a lifetime of experience.

There will be an opportunity for all the sheddies to remember Bill on Saturday morning, when **we join with his Wife and Daughters, in the Shed**, to swap a few stories and celebrate Bill's contributions to the Shed.

Picture shows (from left) Mal McLennan (Chairman) , Kevin Hansby (Vice Chairman) , Bob Lawton , Bernie Ward (Project Co ordinator), Bruce Hopwood and Don Morrison (Office Manager)

Join us, with Bill's Wife and Daughters

for Morning Tea

On Saturday 14th of June at 10 am

in the meeting room

OUR PEOPLE

We have been asked recently,

"who are the people on the committee, that run the Shed?"

In response to this we have created an ["Our People"](#) page on our website,

to show newcomers and incumbents who to talk to, about our Shed.

Go to the new ["OUR PEOPLE"](#) page under the ["ABOUT US"](#) page link on the navigation bar.

or [Click HERE to view](#)

Community News

[Adult Learners' Week](#)

[Festival of Adult Learning](#)

(8-14 September)

Adult Learners' Week is a UNESCO initiative and incorporates International Literacy Day which takes place annually on 8 September.

Adult Learners' Week is driven by Adult and Community Education (ACE).

Our libraries, hubs and community and arts centres will be joining in the celebrations.

We would like to hear from Community Delivery teams who are interested in supporting Adult Learners' Week. Whether you'd like to celebrate the week with a one-off event, the launch of a new programme or to use an existing programme to mark the occasion, we're keen to hear from you!

Please register your interest with us [by 5pm on Monday 16 June](#)

Our Learning Specialists will be in touch with more information and support.

Get more information [HERE](#)



Mal's Corner

In 1987 a researcher explained that retirement is a second adolescence –

a transition stage that could last up to a decade,

encompassing as much change as between childhood and adulthood

Did you know ?

salmon can jump up to 2 m to cross obstacles –

the same height some Olympians reach

Has anyone lived long enough

to buy a second bottle of Worcestershire sauce?

An **INCREDIBLE DAY** at Goodwood !

Imagine circa 1905 Edwardian race cars sporting aero engines, outdoor brakes and huge steering wheels, tearing around a track

You aint seen nothing yet!



[Click HERE](#) to watch them roar !!

Our Shed is open Monday to Saturday 9am till midday

and on Tuesday afternoon till 3pm

Have a great week folks

Kevin H (Ed)

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