

I The Shed

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THE OFFICIAL NEWSLETTER OF THE US MEN'S SHED ASSOCIATION™



PHOTO BY HOWARD WOLFF

The Men's Shed is an international phenomenon with thousands of clubs worldwide. We answer men's innate need for activity. A Men's Shed is a club, mainly for older guys. We have tools and materials for pursuing our interests and passions, for learning something new and sharing skills. We join to make stuff and tinker. We share a pot of coffee in a friendly atmosphere. In the end, we make friends and discuss troubling health issues.

The key to our popularity is best expressed in our motto:

“Men don't talk face to face, we talk shoulder to shoulder”

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Thank you to these NEW USMSA™ SUPPORTERS:

USMSA™ Marketing

Dan Gmaj

Promotional Video

USMSA™ Finance

Paul Waters

Risk Management Advisor

USMSA™ Finance

Paulette Church

Grant Writer

USMSA™ Marketing

James Gilbert

Website Designer

WEST MICHIGAN SHED

Creating a Baby Grand Piano Shelf: A Fundraising Project



“It’s a Shelf *and* a Piece of Wall Art!”

I posted a photo of a similar project on our Facebook page and wrote that it looked like a fun project for our Shed to do ‘some day.’ By an amazing coincidence, I had some friends who were moving away; they read the post and immediately called me to offer their own baby grand piano for us to work on. Tom Walworth was the Project Lead, and 5 others joined him to create this amazing Piano Shelf. We will use it as a fundraiser for our Shed. - Chris

For more information, contact:

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FLORIDA SHED ZOOMS THROUGH A QUARANTINE



Lead: Steve Werner



The North County Men's Shed did not want to lose momentum during the restrictions of the 2021 Covid-19 Quarantine. So Steve Werner set up a Zoom Room and local Sheddors from Palm Beach Gardens, Florida joined.

Then other interested persons from around the US wanted to join. Now, there are often 20+ people per week gathering in a Virtual Shed, talking, laughing, and maintaining their social connections.

Steve has invited guest speakers and hosted open discussions.

Some of the topics have included:

- **“Covid-19 Update,”** Guest Speaker Chris Haga
- **“Wills and Trusts”** Guest Speaker Mark Shalloway
- **“My Life in High Tech”** Guest Speaker Ed Greenberg



To join Steve's ZOOM room: Download the “Zoom” App on your phone or computer. Email Steve in advance for the link. He will also forward the upcoming topics to you. Meetings are held most Weds. at 2:30pm EST.

steview@usmenssheds.org

Prior to Covid-19, The North County Men's Shed frequently met at the North County Senior Center. They also took field trips on a regular basis. They formed friendships over breakfasts, during deep sea fishing excursions, and in the bleachers at baseball games. They took tours of a Florida air traffic control tower, the 911 call center, a neuroscience research center, and Piper Aircraft facilities. They also went to the zoo and aquarium. They performed service to their communities working alongside local police officers building cubbies for children's centers, and offered Thanksgiving meals to children and families. They are cautiously optimistic about the potential to meet outdoors in the near future. This Shed is 4 years old and has already developed a reputation for being a dynamic and highly respected gathering of Palm Beach, Florida residents.

“We are grateful to have survived COVID and we are slowly returning to in-person activities.” - Steve Werner

GRAND TRAVERSE, MICH.

Shedders still working side by side for their community, even after loss of home base

After months of being unable to meet because of the pandemic, members of the Grand Traverse (Mich.) Men's Shed now find themselves COVID-free and maskless but without a permanent home.

In June, the group lost use of a 2,000-square-foot building. GTMS had used the space rent-free for two years in exchange for paying the utilities, property taxes, and insurance. As a result the group was forced to discard, sell, and give away unneeded materials and tools and place the rest in storage.

Since then, the GT Shedders have continued to gather socially once a week to maintain friendships and provide support for one another. While member participation has dwindled, the Shedders have continued to find ways to serve the community and provide services.

Members dismantled a reception area for a non-profit, helped discard furniture for one resident, and recycled cardboard for a resident on dialysis. The group also has a request to build a tiny library (this would be the fifth) and to help install another.

Recently, members discussed working on Men's Shed projects by getting two or three guys together at two or three members' home shops. A potential project involves making memorial flag cases that could be donated to the American Legion, VFW, or to individuals.

In the meantime, GTMS will continue to volunteer and socialize while pursuing options for a permanent home where they can once again work shoulder-to-shoulder.



- Jim Novak, Shed Lead

OREGON AND LOUISIANA

Portland, OR. and Ruston, LA. Sheds



Portland Shed builds furniture year-'round

The Portland Metro Shed builds furniture for various charities in the area. Every June, Bunks Across America is scheduled as a national build day for the Sleep in Heavenly Peace organization, and the affiliated Portland Shed gets to work. Materials were donated by the local Lowe's. greggmillerpdx@gmail.com or portlandshed.org

Ruston Community Men's Shed Facebook page features talented Shedder Annette Straughter





WOODWORKING WITH 2ND GRADERS

Eden Prairie Home Depot donates
Building Kits to encourage young Makers



Hopkins, MN Shed offered a “Maker’s Day” day for young schoolchildren. The Hopkins School Community Engagement Dept. has a Blank Canvas platform that is introducing carpentry and other trade skills to focus on the importance of future employability in several paths, not just the college or academic track.



Welcome Madison, MN

New Shed #21

Opened November, 2021 Shed Lead: Kristine Shelstad

PEOPLE. PROJECTS. PASSION.



Aloha, HI

3 Chefs: Bob Jewell, Mark Campbell and Charlie McLaughlan...cooking up the goods.
Fish: Bob Jewell, acting 'Fishy' with Iris Fukinaga from Parks and Recreation Dept.
These fish become signposts for the Ho'omaluhia Botanical Gardens.

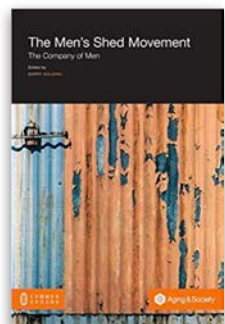
NEWS IN BRIEF

Author Barry Golding pens second book about the Men's Shed Movement

The Men's Shed Movement: the Company of Men

Invented in Australia, the remarkable men's shed movement has spread from the back blocks of Australia to reach a total of more than 1,400 Men's Sheds in diverse countries on opposite sides of the world. This book provides a fascinating, carefully evidenced and definitive story of men's sheds for the first time. It is a book and movement whose time has come. Many nations are struggling to meet the needs and interests of men beyond the workplace.

Over two decades, the men's shed movement has mushroomed from the ground up to become a strongly networked international movement, not only in Australia, but now Ireland, the UK, New Zealand, and continental Europe. How and why this has happened and what the evidence and research means for service providers, communities and the men in the men's sheds movement is thoroughly explored.



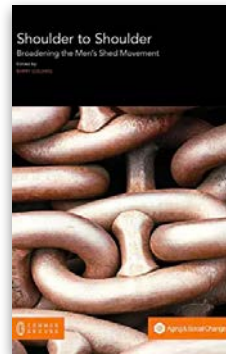
Lead author, Professor Barry Golding, Federation University Australia, is the respected world expert in the field, being a patron of the Australian Men's Shed Association and the winner of the coveted Ted Donnelly Award in 2013 for his "outstanding contribution to the men's shed movement."

Available on Amazon. \$40.00

Shoulder to Shoulder: Broadening the Men's Shed Movement

In the six years since The Men's Sheds Movement book in 2015, the Movement has broadened to include many other nations and also Women's Sheds, encompassing almost 3,000 Sheds worldwide to 2021.

Shoulder to Shoulder: Broadening the Men's Shed Movement shines a light on the transformational experiences and positive impact that Sheds have had on the lives, health, and wellbeing of men, women, families, and communities.



The book's many powerful Men's and Women's Shed case studies highlight how shared, hands-on social activity by 'shedders' can reduce the potentially destructive forces of loneliness and social isolation, even during a global pandemic.

It's about the universal value of **"having somewhere to go, something to do, and someone to talk with,"** as envisaged in the very first Australian Men's Shed in 1998. Informative, insightful, easy to read, and carefully researched, Shoulder to Shoulder provides a well-documented tour de force of this globally expanding and broadening international movement.

Available on Amazon. \$70.00

Mary and Glenn Sears (Honolulu, HI) retire as USMSA™ Newsletter Editors



For the past 4 years, Hawaii Shedders Glenn and Mary Sears have produced the US newsletter.

According to the Board of Directors, **"The newsletter has consistently been our strongest communication tool; it really represents 'Who we are.'"**

The Board wishes to express sincere gratitude for the time, effort and energy the Sears' gave to this task. Their skill, professionalism and creativity brought smiles to readers in the US and around the world. *Aloha!*

New Editor named for The Shed: Janice Altman joins the list of Shed Volunteers

USMSA™ welcomes Janice Altman as the new Editor of **The Shed**.

Janice looks forward to receiving your stories, photos and emails, and anticipates successfully promoting the Mission and Purpose of Men's Sheds in the United States.

Janice_Altman_CA@usmenssheds.org

Insurance for Sheds

USMSA™ has been working with Paul Waters at NFP Property & Casualty Services, Inc. for several years. Paul cares about the shed movement and is also your insurance expert. Non-profits are a specialty for NFP.

If you're looking for shed insurance, reach out to Paul. It will save you time and dollars at the end of the day. Why? Because Paul understands that even though sheds are similar in concept, they can be very different in reality. Some sheds make things and some sheds volunteer their time to help others. A lot of sheds do a combination of both. Whatever type of activities you engage in, Paul will help you identify what the risks are and explain how to mitigate them.

Even if you're in a sponsored shed scenario, your sponsor may not have all the coverage you and your members may need. It never hurts to talk and find out. Ph: 818.436.6679 | paul.waters@nfp.com | nfp.com



shedding around the world

Scottish Shedders create model of *RMS Titanic* for the Maggie Law Maritime Museum



The Stonehaven and District Men's Sheds were approached by the Maggie Law Maritime Museum to assemble a very special display for its museum.

The *RMS Titanic* will become a centerpiece display when the museum reopens in early 2022.

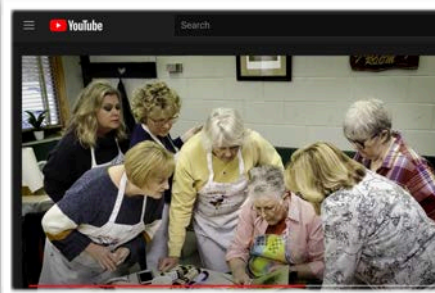
Thanks to The Scottish Shedders Magazine for this story.

MEDIA: YOUTUBE

How to use a short (1:21) YouTube to get support for YOUR Shed...
and grab the attention of potential funders

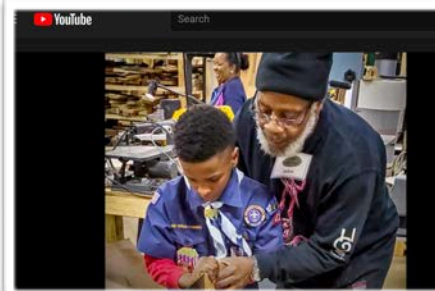


This short Promo Video can help your Shed gain local support and raise awareness about the need for Shed expansion.



Watch **“USMSA We Need Your Help to Grow!”**
#ShedsSF today!

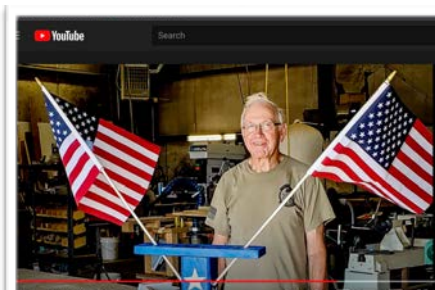
A brilliant video has been created thanks to the talent of cinematographer Dan Gmaj, from Sheds Sans Frontiers, UK, who is the USMSA / International Shed Community liaison. This short video is now available for your Shed to use when applying for local community grants, and when engaging in outreach activities to increase interest in your shed meetings and projects. It also offers strong motivation for individuals to recognize the need for a Men’s Shed in their own communities, and to get new sheds operating in locations where no shed exists today.



This video includes dozens of powerful images of persons of all ages and ethnicities creating art, gifts, fundraising projects, and community service projects.

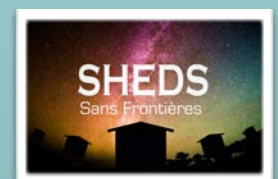


Current Shedders will feel great pride in the Mission and Purpose of US Med’s Sheds. It shows how “Shoulder to Shoulder,” men (and women) are joining as Makers and mentors to support and connect with each other.



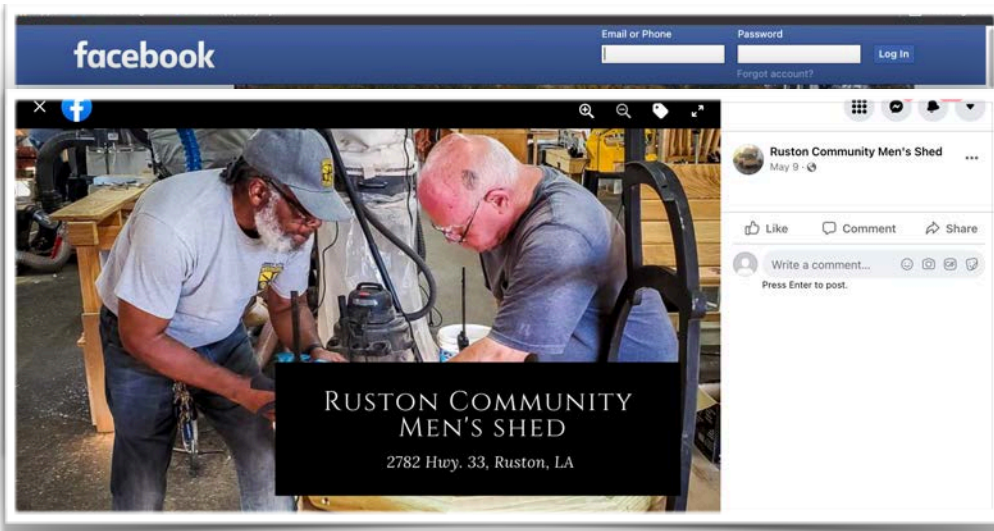
Two Sheds have already started using this film. Both decided to add their own contact information at the end of the video. Aloha Shed (HI) inserted their own contact information and the Ruston (LA) Shed also made that individualized change to the video; in addition, Ruston provided video footage for the project.

If you upload this video to your Facebook page, please give attribution to: Filmmaker Dan Gmaj, UK. (Email shedicine@gmail.com)
<https://youtu.be/kQ219kWilrY>



MEDIA: FACEBOOK

Facebook pages keep local Shedders informed



“A board member, Dean Kirby, keeps it current. Other Shedders add events. We have an Administrator and I monitor it, as well. We have 1,258 followers.”

Tommy Folk
Ruston, LA Community Men's Shed

“Check us out on Facebook. It's a side window into all things 'Sheds'”

- Mark Winston
US Men's Shed FB page



“Board member Joy Spahn adds news and events. Now we are selling painted lawn reindeer under the direction of Project Lead Tom Walworth. This project brings joy to our Shed and to the new owners whose lawns they will grace.”

- Christopher Wilson, West Michigan FB Page



US SHED LEADERS' ZOOM CONFERENCE

Inaugural USMSA Leader's Conference held Oct. 24, 2021

Guest Speakers included David Helmers (CEO, Australia), author Barry Golding and Videographer Dan Gmaj



Barry Golding



Dan Gmaj



David Helmers

The first US National Shed Leaders Conference was held in October. A few take-aways from that Zoom session:

- ◆ The importance of learning from - and collaborating with - other Sheds.
- ◆ There is great value in joining the National USMSA™ Movement. Expect a great amount of expansion in the US very soon.
- ◆ Cooperation between Sheds will strengthen them all.
- ◆ Make sure your Shed is respectful, and welcomes all newcomers. Have fun!
- ◆ Shed Leaders would like to meet on a regular basis throughout the year. (Next meeting: Jan. 2022)



USMSA™ BOARD UPDATE

Year in Review - 2021

As we begin wrapping up 2021 with the myriad challenges it presented, we want to review what accomplishments were made so we clearly see which paths to follow in 2022. Our group has grown. USMSA now has two grant writers working with us. One in Durango, Colorado and the other in Hopkins, Minnesota. Going forward, this may allow USMS to make financial commitments to new sheds just starting out, as well as assisting already organized and functioning sheds with special programs they wish to undertake.

USMSA is overseeing and conducting research in Minnesota to examine the impact of Men's Sheds. This includes starting new sheds and measuring the positive changes that occur when people participate in shed activities. The funding for this program came through NIH and the University of Minnesota. We are looking forward to welcoming new sheds into the fold along, and are excited by the excellent data being compiled.

USMSA hosted the first US shed leader zoom conference in September. We were pleased to see participants join from most US sheds, as well as from Canada, Australia, and Europe. This event was so successful we will continue to host more conferences every two or three months beginning in January 2022.

2021 was a very challenging year where many found they were more isolated than ever. This did not stop the North County Men's Shed from keeping their shed members connected via Zoom; participants from all over the world also joined some of those Zoom meetings. Way to go North County Men's Shed!

- Mark Winston

USMSA Welcomes

The Madison, MN Shed

Lead: Kristine Shelstad

HEALTH & WELLNESS

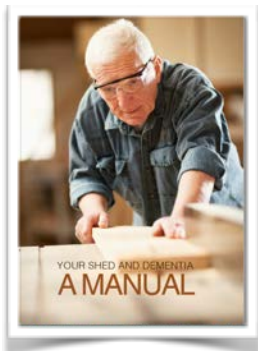
Alzheimers Awareness and Support

Roseville and Hopkins Sheds Join for the First US multi-Shed Collaboration: *Measuring Community-Based Resilience*

Two Minnesota Sheds are collaborating through a special research grant from NIH, with data being compiled by the University of Minnesota. In addition to planning for expansion into new locations, Sheds hope to show that participants - 'Shedders' - experience the long-term benefits of improved physical and mental health, including an increase in social connectedness and enhanced knowledge about health issues. Part of the training is directed at gaining knowledge about Alzheimer's disease and dementia.

Get a FREE PDF copy of the comprehensive manual that is the foundation for this Community Outreach project:

'Your Shed and Dementia - a Manual' (Google)



"There is now also some evidence that involvement in meaningful activities that include social engagement can potentially slow down the progression of dementia."

- Alzheimer's Australia

The Backstory:

"When we first started in 2017, I noticed that the Australian MS had a program to support Alzheimer's and dementia with 5 levels of support:

- 1) Expert speakers come to Sheds and speak about symptoms
- 2) Local Sheds invite early-stage dementia citizens to join special meetings 1 day a month (Respite for Caregivers)
- 3) Shedders learn to support members with early-stage dementia
- 4) Visit Memory Care Centers and do projects with wood (**Home Depot** donated the kits.)
- 5) Build a permanent MS location at the Care Center, providing arts and crafts and simple and safe tools. The data supporting creative endeavors is off the chart! Creating Fidget Boards with various openers, fasteners, velcro closures, zippers, hooks, and latches can make a big difference. ** There is a FREE manual available that is easy to understand, written by Samantha Abbato, PhD with Alzheimer's Australia as the Project Lead. Google: **Your Shed and Dementia, a Manual** or contact me, Phil J.



Peg Gaard - Trainer and Minnesota Men's Shed Board Member

"For the past 3 1/2 years, the Hopkins MS site has been provided specialized training and supplies. We learned that some environmental exposure to toxins can hasten early onset of the condition. The factual information was presented very well and was not scary at all. Our Trainer was Peg Gaard, former Director of The Open Circle Adult Daycare Center (Augustana Care). She now sits on the Minnesota Men's Sheds Executive Board." - Phil Johnson



Fidget Boards / Memory Boards like this one from Sietele can be purchased, or made.



Home Depot Donates 800+ Craft Kits

To Men's Sheds to Support Alzheimer's / Memory Care Work

Thanks to a generous donation of safe craft supplies and craft kits from the Eden Prairie, MN. Home Depot, the Minnesota Men's Shed has been able to provide ongoing activities and 1-to-1 face time with clients at Open Circle Adult Daycare.

Each kit comes wrapped in its own instructions; just unwrapping the small 'gifts' brings happiness to residents whose memory challenges have impacted their self-confidence and mood.

This type of activity can bring a lot of satisfaction to a person who is otherwise in a daily struggle to remember who they are.

Creative skills remain in the memory banks longer than even the names of beloved family members.

Two dozen Sheddors received specialized training and regularly visit the Open Circle Center, providing conversation and the Home Depot craft kits. They watch and guide residents as they turn screws and tighten bolts; some can still hammer a nail or two and paint the finished project. The Sheddors are pleased to be able to offer the participants 'a restful remembering of their old skills and abilities.'

"You would be amazed at how quickly they remember how to build something. Decades ago they could swing a hammer... and it all comes back to them now."



Roseville, MN . Men's Shed volunteer Herb Schramter visiting at the Augustana Care Center (2019)



The Men's Shed Vision

USMSA™ seeks a future where men can improve and maintain their health and well-being through participating in a Men's Shed.

The Benefits of U.S. Men's Sheds

The key benefits of local Men's Sheds are to reduce social isolation, create friendships, reduce loneliness and enhance self-esteem. Men come to Sheds for comradeship, for socialization, to learn new things, to regain a greater sense of purpose in life, and to be able to contribute to their community.

Great Ideas for Shed Meetings

Guest Speaker Topics: Your community's history, cooking demonstrations, Defensive Driving mini-course, local trees and plants / invasive species, senior health issues, K-9 Unit presentation, AARP speakers, cell phone secrets, how to use FaceTime or other 'live call' features, tax law.

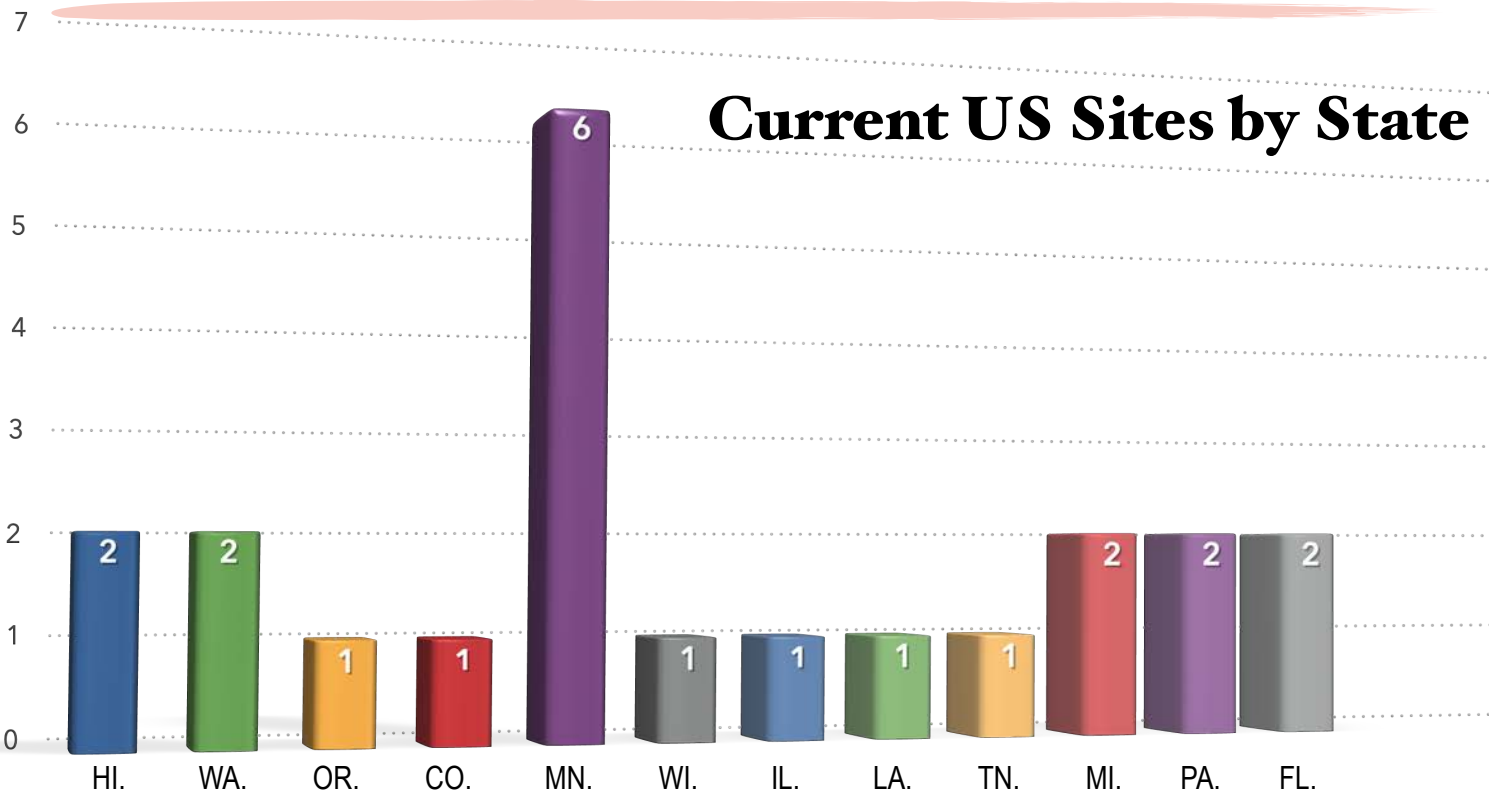
Shared backgrounds: Each person talks about / demonstrates: "Hobby Day", "Jobs in My Past" Day, "Cars I've Owned" (have a computer nearby to Google auto makes/models), Military Service stories, Travel Discussions, History Trivia (provided by each attendee).

Set up a tour of: a local airfield, exercise facility, government building, local historical society, auto/truck dealership, recycling facility, local business walk-through.

Play miniature golf, plan a breakfast or coffeeshop meeting

Plan a Community Service Project

5 new US sites are hoping to open soon



“Men’s Sheds offer a place with tools and a pot of coffee, where guys can get together, work on projects, talk together and in the process, make a friend.”

Attributions: The December 2021 issue of The Shed has been produced thanks to private donations. Cover Photo courtesy of Howard Wolff, Wolff Productions, Hawaii.

Newsletter designed and edited by Janice Altman, MA.

2021 USMSA™ Board Members: Mark Winston, Steve Werner (Managing Directors), Phil Johnson (Managing Director/Sec) Janice McDowell (GD/Treas.) Glenn Sears (Director Emeritus)