



I The Shed

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THE OFFICIAL NEWSLETTER OF THE US MEN'S SHED ASSOCIATION



MAN GLITTER
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

USMensSheds.org



RUSTON COMMUNITY MEN'S SHED

OH OH! SUDDEN BAD NEWS

Dean Kirby

The Ruston Community Men's Shed has loved its shop since its founding in 2018. On the campus of Louisiana Delta Community College, it was large, well lit AND rent and utilities free. We were in bliss! Here you see Curtis Pierce contentedly carving.



Then came the bad news.

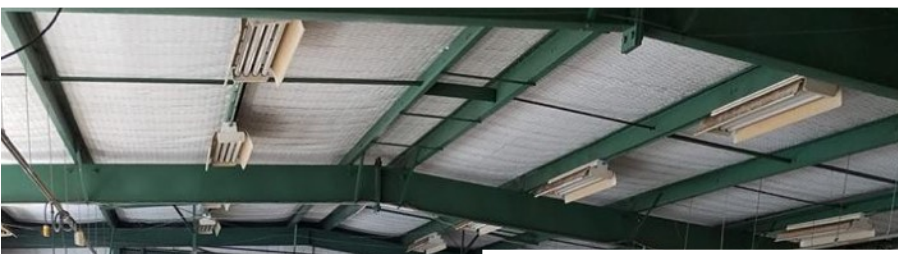
At the end of October we were advised that the school's building plans had changed and we must vacate by the end of November! What a mad scramble for a new location, and to prepare it for occupancy and to move our tools, materials and projects. But the purpose of a Shed is to bring people together and facilitate community as we work together, isn't it? This crisis has indeed fulfilled that purpose.

We are sad to be leaving our beloved shop but excited that we found a new large 4000+ square foot space with lots of parking, storage and outdoor space for gardening and other uses. But it's not free, so we must restructure our finances and come up with funds to cover our overhead.

We are seeking sponsorship, grants and donations, and considering

changes in membership requirements, though we seek to keep our fees low to encourage membership. We'll continue to raise money through our local "PeachTober" festival, an Anniversary Open House and other activities. On the next page are some before and after pictures of our first home.

We strongly encourage all Sheds to have contingency plans for unanticipated change.



RUSTON COMMUNITY MEN'S SHED
THE BIG MOVE



COVID-19 PUTS USMSA PROJECTS ON HOLD

Mark Winston

The US Men's Shed Board continually reviews ways to broaden our outreach across the Country and 2020 was set to bring explosive growth. An employee of Cigna Health won a fellowship and plans to start three sheds in **Vermont**. Pandemic or no, seniors in **Lebanon, Tennessee** started the Wilson County Men's Shed (way to go Jeff Heston). **Chattanooga and Nashville, Tennessee** have Sheds in the works and, during these trying times, Bill McGraff started a Men's Shed in **Batavia, Illinois**. He's another guy who won't take no for an answer! Another salute to you Bill.

The **North County Men's Shed in Florida**, though slowed down by the pandemic, is leading the way through Zoom calls and is planning to seed an additional Shed just to their south. Slated for completion in 2021 or 2022 is a project in **Gaithersburg, Maryland** where Libby Hash works for Kisco Senior Living who operates 20 facilities. As their Wellness & Resident Relations Specialist, she plans to incorporate a Shed for their residents and the community at large so we're consulting with them. **Jackson Hole, Wyoming** has more non-profits than any other town of its size in the US and Lorna Miller, a pioneering woman of Jackson, envisions a project, which we're discussing. In **San Francisco, California**, the Irish Immigration Pastoral Center is developing a shed for their members. We are in continuous communication with these new and planned projects to help them progress. Our sanguine movement will continue in 2021.

A tip of the hat to Phil Johnson of the USMSA Board who has started five Sheds in **Minnesota**. This was pre-Covid-19. Who knows where this number might be without C-19. This could be more Sheds started by one man than any other on this continent; perhaps the world? Congratulations, Phil.

MEN'S SHEDS ACROSS THE NATION

Bellingham MS

Bellingham, WA
Marshall Gartenlaub

Bell Tower MS

Batavia, IL
Jon Meidinger

Broadway Village MS

Crystal, MN
Karen Miller

Denver MS

Denver, CO
Timothy Schneider

Elgin MS

Elgin, IL
Gary Smith

Gillespie Center MS

Mound, MN
Phil Johnson

Grand Traverse MS

Traverse City, MI
Jim Novak

Hawaii Kai MS

Honolulu, Hawaii
Art Kam

Honolulu MS

Honolulu, Hawaii
Michael Trojan

Hopkins MS

Hopkins, MN
Joe Holasek

Nashville MS

Nashville, TN
Jeff Heston

North County MS

Palm Beach Gardens,
FL
Steve Werner

Ocomowoc MS

Ocomowoc, WI
Nick Breach

Portland MS

Portland, OR
Gregg Miller

Roseville MS

Roseville, MN
Jim McCall

Ruston MS

Ruston, LA
Tommy Folk

The Glenn MS

Minnnetonka, MN
John Liekhus

Vancouver WA MS

Vancouver, WA
Arnie Dyer

Wilson County MS

Lebanon, Tennessee
Jeff Heston

GRAND TRAVERSE MEN'S SHED

Bill Blain

After a three-month hiatus during the pandemic, the Grand Traverse Men's Shed reconvened in mid-June, trading its shoulder to shoulder approach for six-foot distancing and face masks. Six to 12 members meet three times a week for simple projects, conversation, laughter and coffee.

Local founder Jim Novak says that the Men's Shed aims to help men connect with other men for fellowship, support and acceptance and that all-important sense of purpose in a familiar setting. For many men, work provides an enormous sense of identity and purpose.

Once retired, a lot of guys feel they have nothing to offer. They get bored, start to neglect themselves and stop actively participating in life around them. The Men's Shed provides a safe and busy environment where one can find meaningful activities in an atmosphere of old-fashioned friendship. Importantly, there is no pressure. You can simply come to have a chat over coffee if that's all you are looking for.

Since launching in June of 2017, Grand Traverse Men's Shed members have built activity boards for dementia patients, delivered a mini-library for a non-profit, refurbished 200 wooden crosses for a Native American cemetery, made children's games for the National Cherry Festival and assisted with traffic control. Prior to the pandemic, we held an open house selling surplus tools and projects.

We have two small but significant projects underway. Bill Guido, shown below, is making two more tiny libraries after completing two others on speculation. "These are great projects. They're not too big or complicated and involve sawing, nailing, gluing, painting and roofing. They will encourage kids and adults to read. That's what it's all about." Bill, a Shed board member, says "Our Shed is a great place for camaraderie. I don't bowl, go to bars or hunt. Especially during the pandemic, this is a great place to socialize."

Another regular at the GT Men's Shed is Blaine Masvero, who is constructing bat houses. He's made and sold five to friends and proceeds go to the Shed. Blaine says, "I just looked on the internet for an simple and easy project, and they're made with our scrap lumber." Blaine says, "I love the diversity, the different experiences, careers and the stories. You'd think at our age we would have heard it all – but nope!" A good story is a good story.



WILSON COUNTY MEN'S SHED

Jeff Heston

Our first official Men's Shed project at the Lebanon Senior Citizens Center was to build, donate and install two custom cedar elevated planters for the Senior Center. Now others have asked if they can purchase custom-sized planter's for their own homes. A nearby cedar mill makes it possible for

us to continue this project. To all who helped, supported, talked and enjoyed a fine morning together while doing something special for our friends at the Lebanon Senior Citizen's Center, thanks.

We're truly on our way, and these projects will offer good future conversations and we're looking forward to many years of projects, friendships and special times to come!



NORTH COUNTY MEN'S SHED

Steve Werner

Now-a-days we hold weekly Zoom meetings. While not ideal, Zoom does keep our Shed intact. We start with a topic to get the ball rolling. Many members tell of their life experience; like our retired attorney who rescued financially troubled companies. Another, a music teacher, made a presentation on Jazz. Our new series *Point/Counterpoint* is modeled after *60 Minutes*. Members will argue each side of chosen topics.

Several members are planning a 'spin off' Shed with Encore Palm Beach County, a 501c3 whose mission is to 'connect individuals over 50 with work and volunteer opportunities.'

Kisco Senior Living in Carlsbad, CA has 20 senior living facilities around the US. We'll assist Kisco to set up Sheds based on our 'sponsored model.' Or Kisco residents will join existing Sheds when practical. As you see, we're remaining active until the US conquers Covid-19.

GILLESPIE MEN'S SHED

Phil Johnson

We work and Play. During this pandemic, Charlie, Dick, Phil and Bruce did maintenance on the Andrews Sisters' Trail. Then Charlie continues on his own with further maintenance.

Below, here we are, Dick, Bruce, Lyle, Charlie, Barb, and Phil. We played golf at the Mini-golf Sculpture Garden. The weather was great and we had such a good



time - masking up, of course.

We're planning activities where we can stay safe and socially distance - natch!

Next, we're looking forward to a visit to the Wings of the North Museum. We're finding activities of mutual interest and having fun getting together despite the problems we face with Covid-19.

HONOLULU MEN'S SHED

TIME OUT FOR SHED IMPROVEMENTS

Michael J. Trojan

The Honolulu Men's Shed has taken advantage of the recent reduction in activity to make some improvements. Using the funds provided by a grant, the Shed has updated our lighting and electrical service so that we can accommodate the donation of a commercial grade laser cutting machine.

This new equipment will shortly be joined by the arrival of a thickness sander to be used to process raw cut planks of local tropical hardwoods. The Shed has also held a class for fabricating cutting boards and we expect to expand to other woodworking projects.

Making use of my time during C-19, I've put together a video of our activities and projects.

<https://imagesbymjt.com/hms-we-talk-and>

HOPKINS MEN'S SHED

Phil Johnson

We've found the perfect formula for our Shed; informative guest speakers, visits to local places of interest and community service projects. Below, we're shown working on one of our projects.



Joe Holasek saw that the Hopkins Activity Center needed strong shelves for a storage room. He suggested we build those shelves in return for the free meeting space, insurance and business services that the City of Hopkins, our sponsor, provides. The rest is history.

Since then we've donated more than 1000 hours of service projects to the Activity Center, the City's Parks and Recreation Department, Public Works Department, the Police and Fire Departments and adopted two City Parks and have done other projects for local organizations.

One day Peggy Gaard, Director of Hopkins Open Circle Adult Day Care Center was our guest speaker. She described the impact of

Alzheimer's and dementia on the Community. She described the dementia warning signs that Sheddies should watch for in themselves, their loved ones and other Shed members. Seeing the great work done by the Australian Men's Sheds for Alzheimer's and Dementia, our Jim Sarver organized Hopkins Sheddies to offer free maintenance services to the Open Circle.

We replaced light bulbs, maintained the water softener and fixed squeaky doors, saving the Open Circle money. That was two years ago. Now the Shed Members have taken on more activities to do directly with Open Circle clients, including working with them one-on-one on activities such as building wooden kits donated by the local Home Depot Store. It's very satisfying.



The US Men's Sheds are really taking off. We'll keep you up-to-date with quarterly newsletters. Please send articles and photos for the next newsletter to Glenn Sears at gsears@stanfordalumni.org

REGARDING PHOTOS

A picture is worth a thousand words. That's true only if the picture tells a story.

Send action photos with eyes on the activity in progress rather than on the camera.

Photos of comradery and group efforts are especially interesting!

Glenn and Mary Sears, Editors