

Meetings: Tuesday 12 Noon, combined Real-Virtual Meeting

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MARCH IS WATER AND SANITATION MONTH

Happy Birthday

Apr 05: Ken Holland

Happy Anniversary

UPCOMING SPEAKERS:

Mar 29: Trevor Crean
Heritage Gardens Sustainable Cemetery

Apr 05: Chad Cowles - Maple Ridge's
Community Social Safety Initiative

Apr 12:

OUR CLUB LAST WEEK'S MEETING

Mike Davies presided.

Guests:

Ernie Daykin and Heathera Teleaven – both of the Pitt Meadows, Katie, Seniors Network

Jim Michals – former member of our Club

Sarah Kassakowski - visitor

Today's Program : the Men's Shed - Maple Ridge



Speaker: **Mike Jennings**
(email: mrchips104@gmail.com)



Mike Jennings is the president of Men's Shed Association of British Columbia, and founder of Men's Shed in Coquitlam. He related that "in the spring of 2015, someone enquired about buying the business that I had been running for 25 years, so I thought that I had better take the opportunity. But in doing so, I thought, 'what am I going to do now?' I live alone in a small

apartment, which was fine as long as I had work – travel and hobbies also kept me busy. My workshop was at work where I could quit at 4:30pm, then build canoes, kayaks, row boats and sailboats – sometimes staying to 10pm. I was often there on the weekends too. This would all end when I sold the business. I was about to enter a time after retirement when it is easy to lose your identity and sense of purpose.

One of my colleagues showed me a column in the local newspaper about Men's Sheds, which included the phone number for Doug Mackie, the man who brought Men's Sheds to North America."

What are Men's Sheds?

"Men's Sheds are a place where men get together for activities like woodworking projects, cooking, bike repairs, music, and yelling at the television during the playoffs. The movement started in Australia in 2007, and since then, has grown to include Sheds in Ireland, the UK, New Zealand, Scotland, and Canada. I called and asked for the location of my local Shed. Doug told me that there wasn't one in Coquitlam and that I would need to start one instead. So I did.



Men's Shed in Coquitlam

With the help of a few friends, we were soon having weekly meetings in a heritage house, at a park bench, or in a local restaurant for breakfast. At the same time, we started lobbying the town council, the local health authority and various service groups, letting them know **what Men's Sheds are all about – men's health** – and asking them to become allies in setting up a Shed at little or no cost. During this time, we volunteered to look after a vegetable garden at the local homeless shelter.

This raised our profile and our allies began to take us seriously. Our mayor introduced us to the Red Door Housing Society, who had a vacant shed on one of their properties. They told us that we could use it. I now have access to a well-equipped workshop, a circle of new friends and meaningful projects to work on that benefit my community. Because of various in-kind contributions, all this costs \$20 per year. I have enjoyed Men's Sheds so much that I became involved with the Men's Sheds Association of British Columbia and I am doing what I can to help Men's Sheds grow across Canada.

Men's Sheds offer a low-key, no pressure environment that is welcoming for all men. Sheds are often associated with retired men, but there isn't any age limit and we welcome people of all ages to join and learn/practice working with tools to build and fix things. But the Sheds aren't really about what we build – they are about the connections we make and the bonds we forge, learning from each other, and helping out in the community. My search for somewhere to pursue my hobbies has turned into something a whole lot more meaningful. Through Men's Shed, I have found camaraderie and purpose – and it has saved my life.

Men's Shed in Maple Ridge

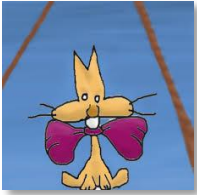
A Men's Shed is just forming on Burnett Street. Men from 18 years and up are welcome. The new workshop is in the planning stages, workshop layout, tool purchasing, bench building etc. Note that you don't have to have a skill to join our Shed, you are invited to join us and help get the Shed off the ground any way you can. Men's Sheds are all about staying healthy and helping out in the community. We hope to make a difference in our neighbourhood.

Men's Shed in Maple Ridge is in need of members, but also \$250 to pay for insurance.

Happy and Sad dollars included:

Jim Michals – we are all happy that he has survived stage 4 cancer.

Ineke – we were all sad to hear that her son Kim's house was robbed.



Matt – we were all happy that the Matt came back (we thought he was a goner!)

Libby – said she got “whacked” while driving Deborah Hyslop to the airport this morning;

Mark Forster - was glad that it was just her car that got dinged, because at first he thought she meant she had been “murked” by a gangster.



Brenda – was just happy for our Club's *camaraderie*.



Announcements

At our next meeting representatives of the **Ballyntine Project** will attend to receive our donation to help defray the expenses of the nine young indigenous youngsters from a remote Alberta community who will be visiting our area.

Starfish backpack program - let Lynda know if you can be on a committee to investigate whether this program (which costs about \$75,000 per year) can be sustainable in the future.

Ukrainian displaced persons coming to Maple Ridge - various committees in the community have been struck to arrange for various requirements such as translators, food, accommodation, transportation, etc. If you can help, Ineke can put you in touch with the right persons to contact. One family has already arrived to our community from Ukraine.

Sunday, April 3 - **Club Bonfire Social** at Matt and Lynda's backyard. Contact Adrienne for details and what you need to bring.

Saturday, April 9 - **District Assembly** - each Rotary Club has to pay for five people anyway, so consider attending (AG Ken Holland will be there). Carpooling, anyone?

September 5, 6 and 7 – annual **club camping weekend**.

Quote for the day:



Submitted by Laurie Anderson