

Our Mission - We Build Meaning & Well Being Into Men's Lives By Engaging Hands, Hearts, & Minds

The Men's Shed Vernon is a collaborative environment where men work shoulder-to-shoulder to create a variety of projects for themselves and community organizations.

Spring Sale



April 29: 10:00 am - 2:00 pm
7158 Meadowlark Rd, Vernon

Some members have been building items for the sale and I have been compiling a catalogue that I have attached to this post. Please proof to ensure I'm not missing anything and feel free to provide suggestions for changes - in particular to the prices of the items. There is plenty of time to build things for the sale, so please get down to the Shed, talk to other members, come up with ideas and get building (sorry, we don't have a formalized process).

At our BBQ on March 20, we will be further along with our plans and will looking for volunteers to help out at the Spring Sale and to spread the word.

Contact [Ken Ogden](#) for more information.

Monday Night at the Shed

5:30 pm - 8:00 pm

Great way to meet new shedder's, socialize, and maybe do a little work in the Popo Shop!

Bring a microwave dinner or what have you.

Shed Teams

All Men's Shed Vernon members are asked to join 1 team. This supports collaboration, social mindedness and a way to contribute to your skill set. Most members volunteer to support as part of a team and on build projects. Have a look and see what team interests you.

Communications - These are the guys that will look after the web site, Newsletters, Spaces Phone App, member and community communications.

Membership - This team of guys engages prospective members, welcomes and registers new members, issues name tags and door fobs. All our membership registry info is attended to by these great guys.

Safety - We look after safety training, equipping the shop, and doing our best to build a culture that says this is a safe place for you to enjoy projects and people

Shop Team - This group of Guys looks after all things related to the Popo Shop. Supplies, new equipment, maintenance, scheduling, and project pricing are examples of the topics that will arise.

Wellness - Welcome to the Team that focuses on our Shed engagement and well being. We will be thinking of and arranging events, BBQ's, guest speakers, ways for the Shedders to stay well and stay connected.

Fund Raising - This is a new team just starting up. We will be working with the Communications guys to get the word out to the North Okanagan and beyond about Men's Shed Vernon. That will include asking for support.

Reporters wanted



Like photography or writing: got lots to share about the Men's Shed, community issues, health concerns? Drop us an idea, photo of project or an article.

Better yet, the Communications Team is looking for more shedder's to join the team. If you are interested send a "Join Group" request to the Communications Team in your Spaces app or send your photos or articles to communications@mensshedvernon.ca.

Men's Sheds Canada

Men's Sheds Canada is our new national body. Our goal is to serve and connect 1,000 Men's Sheds by 2033. Check out the resources and service opportunities there.

New organization started last summer to facilitate the adoption of Shed's across Canada. Click the link above and have a look around. Our own Ray Verlage is Vice President.

Sheds Around the World

While travelling through Australia on a recent holiday, Vincent Jansen dropped by Mens Shed Mudjee for an inside view. Colin pictured with Vincent looks after communications, membership for the ~80 member shed.

There was lots of activity in the wood working area of the shed, which also has a metal working shop and a pool table in the social room !

A great way to stay in touch with Sheds Across the world is to subscribe to Edmonton Shedder Punch Jackson's news feed.



A SAFETY MOMENT !

When you are in the shop at MSV you are exposed to the hazard of flying debris, dust, chips and flying particles; from the tool you are using as well as the tools that others around you are using. Safety eye-wear is an essential piece of personal protective equipment for the anyone working in a woodworking shop. According to WorkSafeBC CSA approved eye or face protection must be worn whenever there is a danger to the eye or face.

There are a variety of styles of safety eye-wear, but the key characteristics are impact resistant lenses and side protection. They should have the Z87 moulded or printed somewhere on the frame.

If you wear prescription glasses you get safety glasses that fit over your regular glasses or you can purchase prescription safety eye wear. Regular eye wear does not have the impact resistance required to protect your eyes.

To qualify as safety eye wear prescription glasses must:

- be CSA approved.
- have side shields.
- have lenses made out of polycarbonate or plastic
- have the manufacturer's logo moulded or etched into the top outside edges of the lenses.

Safety eye-wear is available at hardware stores, Lee Valley, Mark's Work Warehouse, Canadian Tire and several safety equipment suppliers around town. They range in cost from \$5 generic styles to \$35 for Harley Davidson branded glasses.

As of April 1st 2023 everyone entering the shop will be required to wear safety glasses whether they are working or not. There will be spare safety glasses at the entrance to the shop for anyone that forgets their glasses at home.

Inside the Shed



On March 24, the Vernon and District Riding Club contacted Pat Broschart to see if MSV could make 2 horse jumps similar to one that the club provided. Pat provided a cost estimate which was accepted by the club. The project was assigned to Eric Jackson with assistance from Nels and Martin. The project was completed on April 7, and the jumps will be picked up by the club during the week of April 10.

The simulated bricks were provided by the club. These horse jumps will be placed end to end so that they make a 12 foot long jump which will look like one continuous jump.



Courtesy: Eric Jackson

On April 7, 2023, MSV received equipment donated by Mr. and Mrs. Wanke of Vernon. The donation included a small metal lathe with accessories, a magnetic dial indicator, a 4 inch vice mounted on a steel plate, a 2 wheel electric grinder with spare wheel, and a boring tool with various cutters. The items were delivered by David Hamm (pictured). These are high quality tools which will be put to good use at Mens Shed Vernon (MSV).

Here are some of our current projects

O'Keefe Ranch picnic tables
Planters Archway | Benches
Corn Hole Boards. | Mini Book Library
Japanese Bell Stand | Chest

Join a Shed Team

At last count there were around 80 members at the Men's Shed for 2023 year. Cudo's to the Membership Team!

But running an organization with that many members takes a lot of people hours. The Men's Shed runs with 6 Teams (on page 1) that focus on all areas of Shed management.

Get involved

Come and join a Shed Team or even a project team, share your skills or learn new skills. This is your shed and we welcome your ideas, hands-on support.

Connect with us, contact a member today.

Board of Directors

President: Vacant - position open
Vice President: [Nels Carlson](#)
Secretary: [David Friesen](#)
Treasurer: [Peter Moore](#)
Past President: [Ray Verlage](#)

Shed Team Leaders

Shop/Enterprise Team:
Shop Manager: [Larry Peterson](#)
Project Coordinator: [Pat Broschart](#)
Membership & Outreach: [John Wilson](#)
Communications: [Dave Saunders](#)
Safety: Vacant - position open
Wellness: [Nels Carlson](#)
Fund Raising: Vacant - position open
Member at Large: [Eric Jackson](#)

For general media enquiries, donations and shed information contact
communications@mensshedvernon.ca

New members - we will pair you up with a Shed Buddy to help you get started to get involved. We will contact you or contact a member today.



Hands, Hearts & Minds!

We build Meaning & Well Being into Men's Lives

Bi-Monthly Newsletter

Edition 23-01

Men's Shed Regional Gathering

Friday, May 12, 2023

Location: Men's Shed Vernon

What? A regional (Okanagan and Kootenay) men's shed gathering hosted by Men's Shed Vernon.

Who? We are inviting representatives from all Okanagan and Kootenay sheds. A small United Way grant will also pay for travel for the President of Men's Shed Canada, the President of Men's Shed Association BC, and representatives from a couple of northern BC sheds to attend. We would like at least 20 of our guys to attend and mix with our guests. As well, we are reaching out to Okanagan communities that do not have a shed to send some interested men. We are limiting the event to a maximum of 20 visitors and 20 MSV members.

Why? To promote the shed movement; to establish a regional network of sheds; to promote the provincial and national organizations; to showcase Men's Shed Vernon at the gathering and to the community through subsequent news reporting; to reach out to Okanagan communities that do not have a shed.

The Program? This will be an informal event with the morning devoted to small informal mixed groups carrying on discussions and sharing around common shed topics. Later in the morning a panel discussion will take place involving a mix of invited guests and MSV leaders. A catered lunch will be provided by the United Way grant. Informal small groups will continue to meet in the afternoon.

What we need? We would like to billet those coming from a distance that need accommodation, some for 2 nights, but most for 1 night (including breakfast). If you know you could help in this way, let **David Friesen** know so we can plan accordingly. This is a great way to meet another shedder.

Spaces App

(For Shed Members Only)

Communication is a key to success, promoting social interactions, teamwork and simply notices for events and opportunities to connect.

The Spaces App allows members only sharing of information. The Forum tab is a general notice board with Shed news and events. There is a Members tab enables members to connect with each other, and Shed Team members chat groups. For more write to communications@mensshedvernon.ca.



Membership Update

April is Membership Renewal time for the following year. Full Membership prices have gone up 10% and gives you full access to Shed tools and activities. Every person will require a full membership to access the initial training and access to the Shed. Contact [John Wilson](mailto:John.Wilson@mensshedvernon.ca) for more information.

If you haven't done so, you can send an e-transfer your membership fee to mensshedvernon@gmail.com, or drop a cheque into the Shed's mail slot.