

**US Men's Shed
Association®**

SHOULDER TO SHOULDER

CHANGING LIVES... IT'S WHAT WE DO. JOIN US.





US Men's Shed Association®

SHOULDER TO SHOULDER

Founded in 2017, **The US Men's Shed Association** ("USMSA") is the national service provider to more than 25 Men's Sheds in the country. We provide **practical support, specialized services** and **resources**.

Men are typically more prone to risky health behavior such as physical inactivity, unhealthy dietary habits, and substance misuse. We create an environment where men are able to work on meaningful projects at their own pace in their own time in the company of other men.





MISSION

United States Mens Shed Association (USMSA) will work towards a future where all people can improve and maintain their health and well-being by participating in Men's Sheds.



VISION

We strive to make the USMSA recognized in the US and internationally as being one of the leading promoters of programs designed to break the cycle of social isolation in people in order to enhance their health and wellbeing.



VALUES

- To see the dignity, uniqueness & equality of every human being.
- To create an environment based on democratic principles and mutual respect.
- To create an environment that fosters honesty and openness.
- To create an environment that promotes both teaching and learning.



WHO BENEFITS?

>>> The Individual

Sheds provide a safe environment where all people have a purpose and a meaning to their lives. There is documentation that Shed members increase their self-esteem and self-worth by employing their talents and skills while establishing a new circle of friends. As social beings, we need community and connections to thrive. Often, as we get older, we lose the social connections we had established in our working lives or because life-long friends move or pass away. The Shed encourages social inclusion and fosters a spirit where all members can choose how they wish to spend their time. The Shed is a place to do the thing you've always wanted to do – or nothing at all. The Shed belongs to the members who decide what they want it to be.



WHO BENEFITS?

>>> The Community

Men's Sheds bring direct value to their local community. Several Sheds have 'adopted' community parks where Shed members build and maintain benches and other structures and ensure that park facilities are clean and improved. Several Sheds work with Meals on Wheels to deliver food to those in need. Other Sheds work with the Police Athletic League to support activities for vulnerable youth. Some Sheds are sponsored by local senior centers and use their meeting room facilities. This allows Sheds and senior centers to coordinate activities while promoting the purpose and value of both organizations.

A photograph of two elderly men, one white and one Black, smiling and engaged in conversation. The white man is in the foreground, slightly out of focus, wearing a blue and white checkered shirt. The Black man is in the background, wearing a green polo shirt, looking towards the white man. The background is a soft, out-of-focus green.

WHO BENEFITS?

>>> YOU

We'd love you to be our partner to help us change lives. We are open to brainstorming ideas and opportunities that make sense for all stakeholders. We all share a passion for helping humanity. Be our partner in helping others.

A group of men are working together to build a wooden shed. They are standing in a line, reaching up to place a long wooden beam across the top of the structure. The scene is set outdoors, with various tools and materials visible in the background. The image has a blue tint.

Men don't talk face to face, they talk
SHOULDER TO SHOULDER



**US Men's Shed
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BOARD MEMBER BIOS

THE US MEN'S SHEDS ASSOCIATION IS LED BY FOUR NATIONAL DIRECTORS



STEVE WERNER

Director, US Men's Sheds

In 2018, Steve was instrumental in starting the North County Men's Shed in Palm Beach Gardens, Florida and in 2019 he joined the Board of the US Men's Shed Association.

Steve's education is in Chemistry and Civil Engineering. His career includes working for an international petrochemical company and a major environmental engineering firm with responsibility for a division of 400 scientists and support personnel. Steve has traveled extensively throughout the world. His volunteer work has included teaching various merit badges to the Boy Scouts, serving as Vice Chair of a chapter of SCORE (Service Corps of Retired Executives), he is a church elder, and he has served on his township Environmental Advisory Council.



SANDRA MANON

Director, US Men's Sheds

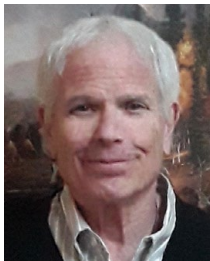
Sandra is a member of the Four County Suicide Prevention Coalition as well as a 1st responder volunteer to the scene of a suicide through the Four County L.O.S.S team (Local Outreach for Survivors of Suicide). Sandra lost her dad at age 66 by suicide on September 10th, 2007 – World Suicide Prevention Day and it has become a part of her life's journey ever since. It was through her work on the

Coalition that lead her to the US Men's Shed Association! Sandra is passionate about finding ways for people to engage in positive mental health and is a mental health speaker in Northwest Ohio. She is thankful for the purpose God had to use her pain to support and encourage others!

Sandra has a bachelors degree in communications from Eastern Michigan University. Professionally she works in higher education as an executive administrative assistant and is a trained Stephen's Ministry Care Giver. When she isn't working or volunteering she loves spending time with her husband Andy and 3 kids Kiersten, Emily & Jacob.

BOARD MEMBER BIOS

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MARK WINSTON

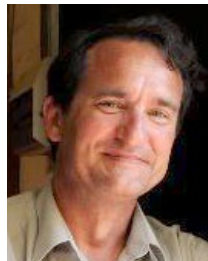
Director, US Men's Sheds

Mark was instrumental in starting the second Men's Shed in Canada in 2014 and, in January 2017, started the US Men's Sheds Association (USMSA) after being contacted by the International Men's Sheds Organization in late 2016 in which he and two others were asked to bring the movement to the US.

Mark's educational pursuit was to become a teacher and coach, and then by accident, he fell into the business world. His career began by working for a large Title Insurance Underwriter in the Washington DC area, where after a few years, he was running the entire research division for the Mid Atlantic Region. Subsequent to this, Mark started several companies and eventually became a consultant, where he helped other people do the same.

Mark's Non-Profit experience began by joining the board of a federally funded organization that assisted people along their journey of becoming entrepreneurs. Mark became the Chair of that organization.

Mark's motto is, helping others is the best thing you can do for yourself. We are stronger together.



DAVID HELMERS

Chief Executive Officer, Australian Men's Shed;
Director, US Men's Sheds

Originally employed by Catholic Care Newcastle as the Coordinator for the Men's Shed at Windale in 2006 for a 12-month term, 17 years later, David has dedicated his career to the development of the Australian Men's Shed Association. The idea of creating an Association

to represent Men's Sheds collectively and to freely share information between sheds was conceived of at the National Conference in 2007. An estimated 3,000 Men's Sheds operate in 12 different countries based on this uniquely Australian concept.

David continues to peruse the development of Men's Sheds. He advocates for social health and the prevention of social isolation that many men are vulnerable to following the loss of employment.

David has a background in Association management, with experience in administration and marketing. David has over 17 years of experience in a medium-sized family business.



