

NEWS RELEASE

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SQUAMISH MEN'S SHED SOCIETY (SMSS) ELECTS NEW BOARD

- SMSS AGM elects 6 members to its Board of Directors for 2019
- Ernie Ledgerwood selected to be inaugural recipient of the Dennis Honaizer Award of Merit
- SMSS in partnership with Recreation Services to plan a speaking series on health issues affecting older men – free, open to the public

The Squamish Men's Shed Society held its Annual General Meeting on February 7, 2019 and announced its new Board of Directors as follows:

President – **Robert Goluch** (*Governance, Fundraising*)
Vice-President – **Doug Hamilton** (*Projects Coordination*)
Secretary-Treasurer – **Grant Danielson** (*Finance, Records*)
Director-at-Large – **Mike Miller** (*Communications*)
Director-at-Large – **Nelson Winterburn** (*Community Relations*)
Director-at-Large – **Don Edison** (*Workshop Training and Safety*)



Left to right: Don Edison, Nelson Winterburn, Mike Miller, Doug Hamilton, Robert Goluch

"I am delighted to serve as SMSS President for the next year. We are a work-in-progress non-profit organization that started in December 2016 with three key objectives: to promote volunteerism and thereby increase our membership; to respond to community requested build projects and to provide our members, who are seniors, with a safe and social environment. The Shed serves as a social hub where senior men can not only work together on projects but also have friendly, relaxed discussions on how to improve their physical and mental well being," said Goluch.

SMSS, together with Recreation Services, plans to offer a speaking series on health issues affecting older men. The series, called "**Health by Stealth**", will have a selected health theme to be presented monthly beginning in April, 2019. These free presentations will be open to the public. Recreation Services will be providing more information on the series in the near future.

Guest speakers at the AGM included: Doug Mackie, Chair of the Canadian Men's Shed Association, who brought greetings and an update on national Men's Shed activities, via teleconference; Jim Gracie, founding member of SMSS and Chair of the BC Men's Shed Association who informed members that there are now 8 Sheds in the Province and another 8 in development and Robert Goluch, who provided a local perspective highlighting the 2018 SMSS Annual Report.

SMSS established the Dennis Honaizer Award of Merit in memory of its founding member and past President, Dennis Honaizer, who passed away recently. Goluch announced that Ernie Ledgerwood was the inaugural recipient of the award. This will be an annual award recognizing a deserving member based on service, contribution and commitment to SMSS.



Ernie Ledgerwood

In addition to its business meeting, members had the opportunity to hear a talk, via teleconference, by Dr Corey Mackenzie, Professor and Director of Clinical Training, Psychology Department, University of Manitoba, about how mental health changes with age.

Men, 55 years and older, are welcome to apply for membership. Community non-profit organizations are invited to submit build proposals to SMSS – Mike Miller, info@squamishmensshed.ca.