



# SHED SPEAK

(the official newsletter of the Naismith Men's Shed)  
March, 2026, Issue 10

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## Your editor greets you from sunny Portugal!

I say this not to brag or make you feel bad, but because I wanted you to know I haven't forgotten about you all. Even on holiday and five time zones away, I can contribute to the wellbeing of our Shed by producing our monthly newsletter.

## Pancake Breakfast at Wheelers

1001 Highland Line, McDonalds Corners

Join us on **Thursday March 12th at 10:00 AM** for our annual visit to Wheelers.

After the breakfast visit the world famous Museums.

Please let me know who requires a ride or who is providing a ride (# seats).

We are meeting at the Civitan Club Parking Lot on Wolf Grove Road, Almonte. Departure is at 9:00 AM sharp.

Please reply ASAP to Jonathan Willis at <jwillis@storm.ca> or by phone to 613-256-4421 as we must make a Reservation. The **reservation deadline is March 10th at 12:00 noon**. Late emails will not make it to the reservation.



Men's Sheds Canada: [www.mensshedsCanada.ca](http://www.mensshedsCanada.ca)  
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## Reminders

#1 -- Our **breakfasts** are on **first, second and fourth (and fifth if there is a fifth) Thursdays**, at 8:00 a.m. at the Gourmet Restaurant in Carleton Place on Hwy #7.

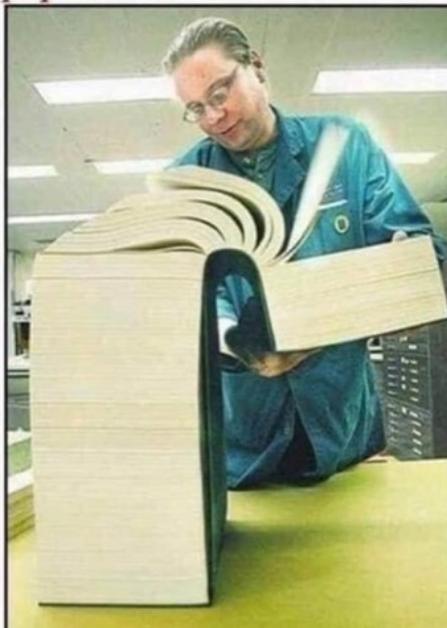
#2 – On **Friday (PLEASE NOTE THIS IS FRIDAY NOT THURSDAY)**, **March 20** we will meet at the Board Room in the Gatehouse at the **Mill of Kintail** for a fellowship gathering of coffee and conversation (and some business) from **9:30 to 11:30**. We're looking for a volunteer or two to provide snacks for that meeting – want to give it a try? Please notify President Bob McCormick if you can do this for the group).



#3 – **Membership Renewal**. A big **THANK YOU** to all who helped make this membership renewal drive successful! To date 58 of 69 have renewed their membership and sent in their \$50 fee. When I return from Portugal we can consider a membership drive by keeping our name and good works in the public eye. Other ideas for informing the community about the benefits of Shedding are welcome.

In line with our goal of achieving "health by stealth" please check out the McMaster Healthy aging portal item on page 3

*Just letting you know that the book, "Understanding Women" is now out in paperback*



←  
Never insult someone you think is inferior.

→  
And on the subject of health.



# Preventative Health Awareness Month: Strategies to take charge of your health as you age

Feb 17, 2026 - McMaster University -

Preventative Health Awareness Month is a powerful, inclusive campaign dedicated to helping people take charge of their health at every stage of life. As we grow older, prevention becomes one of the most important tools we have to maintain independence, quality of life, and overall well-being.

Many conditions that become more common with age such as heart disease, type 2 diabetes, osteoporosis, and some cancers are influenced by lifestyle choices and early detection. Increasingly, research also shows that certain lifestyle factors can help reduce the risk of cognitive decline and dementia.

While there is no guaranteed way to prevent dementia, evidence suggests that up to 40% of cases may be linked to modifiable risk factors. This means there are meaningful steps you can take to support both your physical and brain health.

Here are some preventative health strategies that support healthy aging — including brain health:

## **Stay physically active**

Regular physical activity benefits the heart, muscles, bones and the brain. Exercise improves blood flow to the brain and is associated with a lower risk of cognitive decline. Aim for a mix of aerobic activity (such as brisk walking or swimming), strength training, and balance exercises. Even small amounts of movement throughout the day can help.

## **Manage heart health**

What's good for the heart is good for the brain. Controlling blood pressure, cholesterol, and blood sugar levels can lower the risk of stroke and dementia. Regular check-ups and following your healthcare provider's recommendations are key.

## **Keep your mind and social connections strong**

Staying mentally and socially engaged may help build “cognitive reserve,” which can make the brain more resilient over time. Activities such as reading, learning new skills, volunteering, playing games, and staying connected with friends and family all contribute.

## **Prioritize healthy eating**

Eating patterns that emphasize vegetables, fruits, whole grains, legumes, fish, and healthy fats — while limiting highly processed foods and added sugars — are linked to better heart and brain health.

## **Address hearing, vision, and mood concerns**

Untreated hearing loss, depression, and social isolation may increase dementia risk. Seeking assessment and treatment when concerns arise is an important part of prevention.

## **Keep up with recommended screenings and vaccinations**

Routine screenings help detect health concerns early, when they are most manageable. Preventing infections and managing chronic conditions can also protect overall health and well-being.

Preventative health is not about perfection — it's about small, consistent steps over time. Preventative Health Awareness Month is a reminder that the actions you take today can support your physical health, protect your brain, and help you stay active and engaged in the years ahead.