



NAISMITH NEWS AND VIEWS

July 2025, Issue 3

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Project of the month:

Cooperation between Naismith Memorial Public School, the Almonte & District Horticultural Society and our Naismith Men's Shed created five new raised garden boxes where the student can plant and grow things. Here is a lesson in which community groups are cooperating to provide a learning experience for the children of our community.

Thanks to Duncan Abbot for bringing this project to our attention, to Ron Lavoie for simplifying the design provided by the school board, to Allan Paul and Dwayne Baldwin for transporting wood and boxes and to those half dozen shedders who worked on the production



Newsletter name suggestions:

In addition to my initial name of (1) "Naismith News and views", other suggestions have been (2) "The Gateway", (3) "Speak Easy" and (4) "ShedSpeak".

Now it is time to name the "reader's choice". Please take one minute to indicate your choice by replying to the email to which this newsletter is attached stating your choice. I'd like to have at least 15 of our 60 members vote on this!

-- Editor.

Men's Sheds Canada: www.mensshedsCanada.ca
Men's Sheds Ontario: www.mensshedsontario.ca
Naismith Men's Shed: www.naismithmensshed.ca
Public Facebook page - facebook.com/naismithmensshed
NMS Sales Facebook page -
facebook.com/profile.php?id=61555750130974

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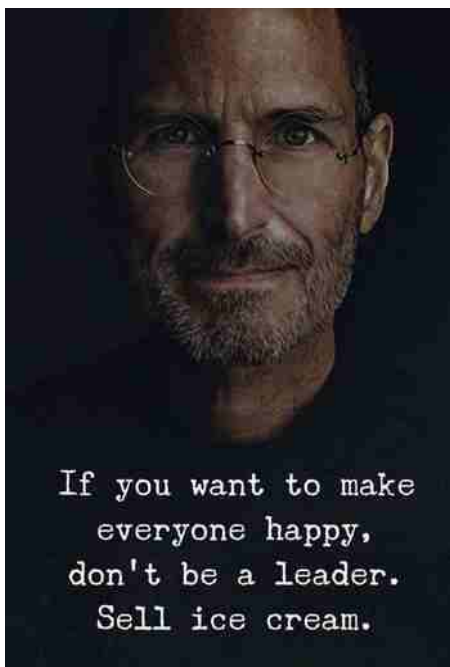
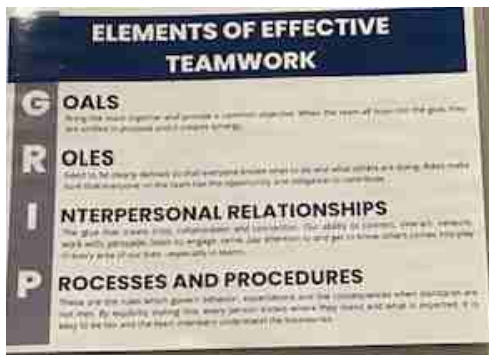
Helpful Health Hints

It has been suggested that we include from time to time hints for healthy aging in line with the underlying purpose of Men's Sheds which states that we "enhance the health and wellbeing of our members". To that end I'd like to recommend the McMaster newsletter called "The Optimal Aging Portal". You can reach that publication at:

alerts@mcmasteroptimalaging.org and subscribe to it if you choose.

To give you a sample I've replicated their article on healthfully enjoying the outdoors June 25, 2025 on page 3.

Saw this in my surgeon's office – a useful guideline for a Mens Shed?



NMS Summer BBQ



Roger Stone has invited our Men's Shed to his place for a summer BBQ.

Where: 2340 Upper Dwyer Hill Rd.

When: Thurs., July 10
11:30 to ?

Please contact Bob Dickson at 613-256-1625 or bdickson@storm.ca to indicate you're coming so enough food can be laid on.

MEN'S SHEDS Ontario

A note from Men's Sheds Ontario

Cyril Danjoux has introduced Ontario Sheddars to a series of topics on the monthly RoundUp. If you missed these programs or would like to review them, check out his listing with links to videos on pages 4

Come enjoy the Almonte Celtfest



Rick McPhail wants to remind you that this year the dates for the celtfest that celebrates some of the Irish roots of this community runs from July 4-6 in Gemmil park behind the arena -- admission by donation.



A word from the
FB administrator

Did you know that the NMS has a social media presence? We have 2 Facebook pages that we hope increases our reach, facilitates communication, builds community, and raises awareness of our activities and initiatives with NMS members and the wider community we live in. These pages get more than 500 views each month.

You can call me at 613-250-0694 or send me an email at

ron.veeneman@gmail.com

if you would like to have any news or pictures posted to our public page. Contact Bob Dickson bdickson@storm.ca for info on the sales page.

June 25, 2025 - McMaster University – Optimal Aging Portal

3 outdoor activities and their effects on our health

Summer brings with it many opportunities to get out of the house and enjoy all that the great outdoors has to offer. Canadians seem to agree. Between 2011 and 2021, the number of Canadian households engaging in outdoor activities near their homes increased to about 8 in 10 (1). But what positive effects can outdoor activities have on our health? From walking to guided gardening to forest therapy, research sheds “sunlight” on the benefits and motivates us to get up and get outside (2-7).

1. Walking

Research shows that walking can help enhance various aspects of our physical, mental, and social health (2-5). For example, in previously inactive older adults, walking can reduce risk factors for heart disease like weight, body fat, and blood pressure (2;3). What’s more, making the move from solo walking to walking groups offers additional benefits like getting the chance to socialize with peers and obtain motivation to increase physical activity levels (4). Walking groups have also been shown to reduce depressive symptoms in people living with chronic conditions (5).

2. Guided gardening

Guided gardening, more formally known as horticultural therapy, involves gardening under the supervision of a trained therapist and with the aim of achieving a specific health goal (6;8-10). Research shows that guided gardening may improve mood through feelings of happiness, quality of life, and physical function in some older adults. More research is needed on what an optimal guided gardening program looks like (6).

3. Forest therapy

Forest therapy refers to a practice in which a person fully immerses themselves and their senses in nature (7;11;12). This can look like taking a walk through a forest or sitting in a forest and viewing the nature around you (7;11-13). Research shows that forest therapy may lower blood pressure and stress in adults living in urban settings. More high-quality research is needed to confirm these findings and recommend what program characteristics are most effective (7).

The world is our playground, so let’s go out and play in it. But, while engaging in outdoor activities, safety should be a top priority. Pay attention to heat warnings, stay hydrated, avoid peak hours when the sun is the strongest, and protect your skin with sunscreen and physical barriers like hats and clothing. Also, consider whether you need to adjust certain activities to meet your abilities, goals, and needs. Your healthcare team can help you identify which activities are right for you and how to engage in them safely.

So is it time for the Naismith Shed to start a walking group as has been done by the Hackberry Shed and the Bruce Shed?

Would you like to have an interactive session with members of the Almonte and Area Horticultural Society to see where we can partner with them for the wellbeing of our health?

To learn more about “Forest Bathing” click [here](#)

2025 List of MSO RoundUp Presentation

January 22nd 2025 at 7 PM - [Presentation - Caring for A Loved One With Early-Onset Alzheimer's HERE](#)

Former federal Conservative cabinet minister Lisa Raitt, tells Steve Paikin about the struggles of taking care of her husband, and how she manages the immense grief it creates. In 2012 her husband, Bruce Wood was having trouble reading documents at work and ordering food at restaurants. Four years later, at the age of 56, he was diagnosed with early-onset Alzheimer's, a diagnosis that has since led to a steady mental decline in his ability to take care of himself and recognize his closest loved ones.

February 26th 2025 at 7 PM - [Can AI companion help heal loneliness? HERE](#)

AI companions could either be the cure to our loneliness epidemic ... or humanity's final downfall, says [Eugenia Kuyda](#), creator of [Replika](#) - an app that allows you to create AI friends. She explores the potential of this technology to either exacerbate isolation or encourage connection, advocating for an AI whose success is driven not by clicks and screen time but by human happiness and flourishing. (Recorded at TEDAI San Francisco on October 22, 2024)

March 26th 2025 at 7 PM - [A Doctor's Quest to Fix Canadian Health Care HERE](#)

Many OECD countries have guaranteed that every citizen is attached to a primary care provider, either by mandate or default assignment. In Ontario over 2.5 million are without a family doctor. This is expected to double in coming years as more physicians retire. All political parties recognized the crisis facing Health care and promised to connect every Ontarian with a family doctor team. Former federal minister of health, and Dean of the Faculty of Health Sciences at Queen's University, [Dr. Jane Philpott](#) oversees a [\\$1.8 billion plan](#) to connect everyone with a "primary care provider". In this video she discusses her new book, "Health for All: A Doctor's Prescription for a Healthier Canada." Will she succeed to establish a primary care home for everyone in Ontario? The link for the Video presentation is: <https://www.tv.o.org/video/a-doctors-quest-to-fix-canadian-health-care>

April 22nd 2025 at 7 PM - [Finding Naturally Occurring Retirement Communities HERE](#)

Naturally occurring retirement communities (NORCs) are neighbourhoods where mostly older adults live, though they aren't necessarily designed for that population. [Dr. Samir Sinha](#), director of Health Policy Research, National Institute on Ageing and Director of Geriatrics, Sinai Health and University Health Network, tells us how these neighbourhoods may help seniors to age in place.

May 28th 2025 at 7PM - [Neighbours helping neighbours age well at home - HERE](#) <https://youtu.be/gM2p9VF9CLg>

[Dr. Catherine Donnelly](#)
Associate Professor, School of Rehabilitation Therapy and Department of Family Medicine - Director, Health Services and Policy Research Institute
We often take the idea of community—and the health benefits of belonging to one—for granted. However, Dr. Catherine Donnelly would tell you that community becomes even more important to your overall health as you age. In her talk, you'll hear about her research exploring a simple idea that has spawned a movement helping older adults age well within their homes, among neighbours.