

Joondalup Mens Shed Bench Press August 2023

Editor Merv Pearce



Presidents Report

I would like to start this report with a thanks to last years committee for a great job well done and welcome

Rick Otero to the position of Secretary. A special thanks to John Spence who held the role last year after our elected secretary resigned unexpectedly. Also to Brian Hill who has worked tirelessly to understand and control the Treasurers role and the nuances that go with it. All other positions have been re-elected.

However, we are in need of a new BBQ manager as Greg Reinikka has expressed his wish to stand down from this position. It has been said many times and is without doubt one of the most important roles in the clubs money raising arsenal. With this in mind we desperately need to find a replacement. If you would like to step into the position, please let me know asap.

There has been an influx of replacement machinery over the last couple months updating our older equipment along with some new stuff. Funding has been by way of Grants along with sale of older equipment.

Upgraded Thicknesser Blades (looking at this one)

New sewing machine equipment (eyelet punch)

New metal bending apparatus

New wood lathe

Additional Thicknesser

New Horizontal metal bandsaw

Additional metal lathe

Replacement sanding machine

Replacement Sand Blasting machine

Replacement Pedestal Drill Press

Plasma Cutter

Numerous other small tools and pieces of equipment.

This September 5th 12.00pm we will be celebrating 30 years of existence of Men's Sheds by way of a BBQ at the shed. All members are invited along with a number of invited guests (Ian Goodenough, Emily Hamilton, and a number of COJ employees who assist us with working out of the Shed). I look forward to seeing you there.

Mark Smith

MEN'S SHEDS
30
YEARS

Shed Activities and Projects



Another masterpiece made by Big Al Parkin. It is a high efficiency out door burner.



My apologies to Dennis Thornton who made these tables and featured in the last edition of the Bench Press, I mistakenly named him Dennis Perry.

MEN'S SHEDS 30 YEARS

The shed will be running a barbecue next Tuesday 5th September to celebrate 30 years of Men's sheds in Australia. All members are invited to attend.

Commencing 12.00 noon .

Please contact Rick Otero if you wish to attend .

FREE FOOD

SOME OF THE MACHINERY PURCHASED FOR THE SHED FINANCED WITH GRANTS



SAND BLASTER



ROUTER



SAW TABLE



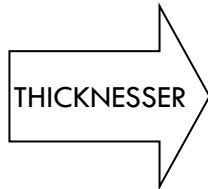
WOOD LATHE



MILLING MACHINE
BEING TESTED BY
STEVE BROOKS,
VINCE BERTOLINI
AND DENZIL KING



VERTICAL
DRILL



THICKNESSER



September Birthday Celebrations



Birthday greetings to you all

Crawford MacLennan
 Gordo Fitzsimmons
 Grant Woodhouse
 Charlie Hall
 Phil Zoccoli
 Bill Letch
 Vince Bertolini
 Peter Shore

The total number of paid up ordinary members as at August 2023

112

The total number of paid up associate members as at August 2023

28

Ladies

Welcome to new members

Gordo Fitzsimmons and Peter Shore

Welcome to the shed gents, we hope that you enjoy the camaraderie with the members and take part in the activities and crafts that the Joondalup Men's Shed offers.

Caring for our fellow Members

Should you hear about any of our fellow shedders being ill, experiencing the loss of a loved one or you haven't seen them at the shed for an extended period, please inform our Welfare Officer Chris Drury. He will make enquiries and visit if necessary and keep Shedders informed.

Chris Drury: chris.drury@sumphero.com

GOING POTTY?



What's this? A new outside dunny with a view? Was it installed there waiting to be connected to the sues (sewers)? Some members are feeling rather flushed at the sight. Never thought it would pan out that way.

Please be seated while you read this notice.

Please be advised that the SUES bin is not to be used for private dumping of any rubbish.

The bin is for shed use only. It costs \$90.00 every time that it is collected.

And for any one putting cartons or any other objects in please flatten them out so that more rubbish can fit in.

SITUATION VACANT

BARBECUE MANAGER

After doing a tremendous job as Barbecue Manager Greg Reinikka is retiring from the position.

The Bunnings sausage sizzles are a very large fund raiser for the shed raising thousands of dollars per year. It would be extremely disappointing to lose this event as it does more than raise excellent funding, it fosters a good rapport with the Bunnings Joondalup staff and management, they do favour us with donations of goods and services.

Thanks Greg for a great service as Manager.

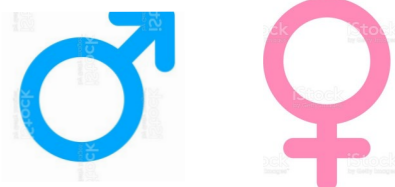
If any of you members would like to volunteer for the job please step forward and let it be known to the committee.

C'MON GENTS, SURELY OUT OF 112 MEMBERS THERE IS ONE OR MORE WHO COULD TAKE ON THIS JOB.

15 Differences between Men and Women

It is not uncommon to hear people say "it's a man's job," when referring to specific tasks. Although this statement is not true at all, it still has a certain basis inherent in human biology. The differences between the sexes do not only add up to our reproductive organs, but also the structure of our bodies, the type of hormones that are secreted, and the changes that have occurred over many years in the evolutionary processes. Today you'll discover what the surprising biological differences are between men and women.

1. **Men and women listen differently** When men listen, they use only the left part of their brain that is linked to language understanding, according to a study at Indiana University School of Medicine. It was found that women use both parts of the brain to listen to a conversation. This is why when talking to men it is important to be concise and clear, and for women, it is much easier to conduct detailed and lengthy conversations.
2. **Men and women's senses work differently** Men's sense of smell and taste is less developed than most women's, but their sense of vision is better. Researchers assess that this is a product of evolutionary processes because men were often hunters, making it easier for them to observe movement, while women gathered food and used their sense of smell and taste more.
3. **Men are more likely to be left handed** There are three times more left-handed men than left-handed women, and science has not yet found an explanation for this phenomenon. However, researchers at the Australian National University have found that left-handed people can process more information than right-handed people.
4. **Men and women see differently in the dark** Women can see more things in the dark than men can. Men, on the other hand, don't see as well in the dark but can identify details equally at any distance.
5. **Men have a physical advantage** Men can cope with exercise better than women, due to their blood volume. On average, men with normal body weight have 4.5-5.6 liters of blood in their bodies, while women with normal body weight have 3.4-3.9 liters of blood in their bodies. Moreover, men's blood is richer in hemoglobin and red blood cells, and all these differences cause more oxygen to reach their muscles during physical activity.
6. **Only women suffer from cellulite** Because men and women have a different ratio of muscle, fat and connective tissue in their bodies, men do not suffer from cellulite. In general, men are born with more developed muscles than women, and their skin contains more collagen which helps it maintain its elasticity.
7. **It is easier for men to sleep at night** The level of electrical activity in men's brains decreases by 70% while sleeping, whereas in women it decreases by only 10%. The reason for this apparently lies in the history of human society. Men were hunters and used to rest when they were home, while women who were at home regularly took care of the children at all hours.
8. **It is harder for women to lose weight** Men's bodies burn more calories to supply energy to different muscles and organs. At the same time, men's testosterone levels are seven times higher than women, which increases metabolic rate, despite the fact that men's muscle mass is significantly higher than that of women's.
9. **It is easier for men to focus on moving objects** Men see objects in motion much better than stationary objects, probably because they were hunters in the past and used to follow prey. Today it makes men notice and be more attracted to women dancing, as opposed to women sitting in front of them.
10. **Men suffer more from abdominal fat** Men are more likely to suffer from abdominal fat because their bodies don't accumulate fat under the skin as women's bodies do, rather it's stored between the internal organs in the abdominal area. A fatty belly is more dangerous and increases the risk of premature death, which can explain why women live longer than men.
11. **Women have a stronger immune system** Men have a weaker immune system than women and are more likely to contract infectious diseases. The reason for this is high testosterone levels, which have an anti-inflammatory effect. Testosterone strengthens the genes that reduce inflammation, so the body tends to produce fewer antibodies for diseases that attack it. Women, on the other hand, develop more antibodies for disease, and therefore over time, they are less ill than men.
12. **It is easier for men to hold it in** Men have a larger bladder, which needs to be emptied less often than women's. This is because women have more organs in the pelvic region, leaving less space for the bladder. An average male bladder can hold 800 ml before having to urinate urgently, while in women the bladder can contain 500 ml before it is necessary to empty it.
13. **Men sweat more** Men's bodies contain 1.5 times more sebaceous and sweat glands than women's bodies do. This is why men's bodies tend to be oilier than women's, and they tend to suffer more from sweat stains on clothes.
14. **Men are also hotter** Men are more sensitive to high temperatures, but on the other hand, they are more protected from low temperatures. This is because the average body temperature of men is higher than that of women due to their faster metabolic rate.
15. **Women have a greater variety of genes in the body** Men are simpler than women genetically. Women have two X chromosomes while men have an X chromosome and a Y chromosome. An X chromosome contains between 900 and 1,200 genes, while the Y chromosome has only 78 genes, so biologically, the bodies of men are much less complex than women. All these differences do not necessarily indicate that men or women are better or lesser in certain areas, but that they must face different challenges. Now that you know the biological differences between men and women, you can not only get to know yourself better but also your partner - share this information with them so they can learn something new today as well!



COMMITTEE MEMBERS CONTACT LIST

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The Joondalup Men's Shed (JMS) is the local representative and a registered member of the West Australian Men's Shed Association. The JMS Patron is Mr. Ian Goodenough, MBA, B. Comm and Federal Member for Moore.

Our motto is short way of saying what JMS is all about:
"Blokcs Building Better Communities!"

We are all about fostering better overall health and well being for all men. This has an obvious beneficial ripple effect for our members' families, the wider community and the members themselves.