

OLDER MEN UNLIMITED HERVEY BAY



OMU LOCAL

JANUARY 2024

INCORPORATING
MARYBOROUGH

Patron: George Seymour (FCRC Mayor)



Members Morning Tea 22nd January 2024

Guest Speaker:

Alicia Trimmingham-Turt (Director of Care) from
Fraser Coast Hospice

MANAGEMENT COMMITTEE AND CONTACT NUMBERS

<u>Position</u>	<u>Name</u>	<u>Phone</u>	<u>Mobile</u>
President	Rod Paroz		0407 136 211
Vice-President	Des Langford	4124 5887	0458 087 992
Secretary	Chris O'Brien		0490 188 571
Treasurer	Ian Paxton		0437 247 816
Committee	Ray DeLisen		
	Russell Pool		0499 504 597
	Peter Scanlon		0431 613 942
Manager	David Hoodless	4128 9011	0438 129 153

Meetings: *Hervey Bay* 10.00 am on the 4th Monday of each month

Where: Seagulls Rugby League Ground, 187 Bideford Street, Torquay

Meetings: *Maryborough* 10.00 am on the 1st Tuesday of each month

Where: Frank Lawrence Circuit, Maryborough Airport (last shed on the right)

Correspondence to: P.O. Box 3031, Hervey Bay, Queensland 4655

Enquiries: Phone 4128 9011

Email: manager@omu.org.au

Web Site: www.omu.org.au



OMU GROUP CONVENERS

ART	IAN PAXTON	0437 247 816
CLUB ROOMS	CHRIS O'BRIEN	0490 188 571
MARYBOROUGH	PETER COOPER	0488 240 649
OUTREACH	DAVID HOODLESS	4128 9011
RAFFLES	DAVID HOODLESS	4128 9011
SAUSAGE SIZZLES	DES LANGFORD	0458 087 992
SOCIAL ACTIVITIES	JOHN LAWRENCE	4128 3630

REPORTS

PRESIDENT:

Happy New year and I hope everyone had a Merry Christmas.

The feedback I received from our Xmas Party was that everyone who attended had a great time. The food and drink were excellent and plentiful, the music brilliant, and we enjoyed each other's company. From where I sat, the room sounded like a mob of first graders chatting on a school excursion. Great stuff!

Welcome to new Committee Member Ray De Lisen. Ray is filling the vacancy arising from the resignation of Mannly Dubroy due to family commitments. Thank you Mannly for your past work and we look forward to seeing you at OMU when your commitments permit. Ray has been working quietly in the background for some time assisting with the Bus Trips etc, and we look forward to his future service.

Our Constitution states that our primary Objective is "To identify isolated older men in the community and help them address their needs". With this in mind, I seek feedback from members on how we may better achieve this objective. Our Outreach program is a great thing but perhaps we can do more. In our March monthly meeting I hope to conduct a "workshop" to gather feedback from members. This initiative is as suggested by Gerald Wyatt, our Foundation Member, and conducted by Maryborough Members in Dec last year.

We are in a sound position at the moment with excellent attendance at all meetings. Walking Group, Bus Trips, Art Group, and the "Grub Club" are all well attended. In Nov/Dec we welcomed 10 new members; don't be shy men, still plenty of room for more volunteers.

Stay positive and keep testing negative!

ROD PAROZ

ART GROUP

It's been another excellent month in the OMU art group !

A couple of weeks ago we all met over lunch and a few cold ones at the Kondari pub. A good time was had by all.

Jonno is our resident illustrator. Footrot flats has never looked better! Happy (aka Ron) is looking good and waiting for breakfast not bad for a young fella!

Mick is a very talented artist and has been working on his dinosaurs. (Living in the past) they're a physic a psychedelic lot!

Noel is our smart lad and always has a smile on his dial! He's progressed this month from painting horses to parrots. Good stuff mate.

Ian is doing a pretty good painting of a Bin Chicken. He's an unparalleled expert in this field! He's done some pretty good seascapes too of late.

Mulga is looking healthy for a young bloke! He's done an awesome painting of an emu, looks pretty good to me.

Packo has been engrossed on an excellent series of New Zealand themed artworks. Ray, our resident maestro has been having a crack at some landscapes, our Ray is quiet eclectic, I'm never sure at what he will turn out next!

Stevo is our resident water colourist and has a few new seascapes he's conjuring up.

The art group is taking a break over the Christmas season and will be back at it on the 10th of January 2024!

All the best wishes for Christmas and the new year.

Stevo

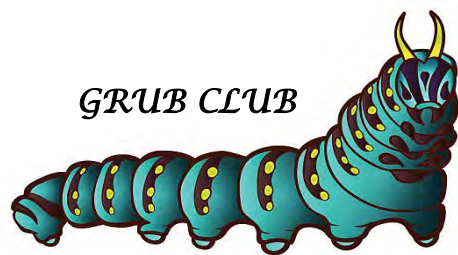
MARYBOROUGH

Wow – was that Christmas that just flew past? January nearly done and dusted already. Peter Sawtell our Treasurer extraordinaire is now recovering from his surgery, replacing a hip. Peter's procedure went well, I (Richard) spoke to him the day after, he was discharged that day. All members wish him well as he now recovers. The walking group is still going strong, there now appears to be a breakfast dining group, for members who are not able to walk any distance. This is a great start to each Wednesday morning, brings fellas together for a social morning. New members are always welcome, walk at your own pace. Cheers Richard.

We would like to congratulate both Peter Sawtell and Glen Miller for receiving (Peter) the "Mullis Togo Award" This award goes to the member of OMU who goes above and beyond the call of volunteering and Glen received the Brian Mortensen Achievement Award for his many years of dedicated service to the Aims and Objectives of OMU.

Thank you, Peter and Glen your contributions have always been sincerely appreciated by your fellow members.





GRUB CLUB

Notes from the far side!

One-year finishes and another one begins. Farewell 23 – hello 24. 2023 saw the Grub club go from strength to strength. Numbers have increased and we have expanded our horizons. Last year we even ventured out of town to Howard. Now the lights of Maryborough and Burrum Heads summons our adventurous little group – I refer to numbers and not waistlines – so we are looking forward to more delights. One of our noble band, Denis Biddle is always full of bright ideas – he nagged our former leader Simon “The Slow” – R.I.P – with stories of a great buffet spot which just happens to be in Gladstone. A bit too far away to be practical but I am led to believe that Denis has taken matters into his own hands to solve this problem. The word is that – I may be misinformed here – Denis has, at his own expense proposed to hire a bus for the first 40 for this event. The trip includes a night accommodation at a top Gladstone motel. All expenses paid including an open bar in each room. I would hate to think that this is just a rumour. So, book with the Big “D” to secure a seat on the bus.

JBL

CHRISTMAS GET TOGETHER

The Christmas get together was another huge success with around 130 members, wives, girlfriends and other family members in attendance. There were lucky door prizes, prizes for best dressed and everyone received an “OMU Showbag”.

The “do” was at the Hervey Bay Boat Club (upstairs) with great views of the Marina and some of the Sandy Straits.

This year Iris Keen won the best dressed female and Andy Peverill won the fella’s best dressed.

What can I say? – the food was great; the company was fantastic and the entertainment was very enjoyable.

We are already booked in for this year (2024) on Wednesday 4th December so mark this day in your calendar.

The Christmas gathering is also the event where some members are honoured because of their overall contribution to OMU over the past 12 months.

This year Peter Sawtell was recognised for his tireless voluntary work by being awarded the Mullis / Togo Award

Glen Miller was awarded with the Brian Mortensen Achievement Award for his dedication over many years.

This year a new award was introduced to remember the legacy left to OMU by the late Mr. Roy Barnes. The award is for the member who volunteers his time to visit senior men living in age care facilities. The inaugural winner – and very well-deserved winner of the Roy Barnes Memorial Award was awarded to Richie Tottman.

Lastly the award for the “Top Bloke Award” for exactly that was awarded to Ray Chesterfield.

Thank you to all of our award recipients and also to all of the members who have contributed in some way to make OMU great. OMU sincerely appreciates your efforts.



L – R

Gerald Wyatt presenting Mullis
Togo Award to Peter Sawtell



L – R

Gerald Wyatt presenting Brian
Mortensen Achievement Award to
Glen Miller

THE BUS TRIP:

List of Bus Trips 2024 following input from members

February	Rainbow Beach Surf Life Saving Club
March	Sunshine Beach Surf Club
April	Biggenden Pub: Paradise Dam
May	Yandina Ginger Factory and Coolum Surf Club
June	Noosa Surf Club
July	Gayndah Lunch: Biggenden Afternoon Tea Pubs
August	Maryborough Military Museum
September	Bundaberg Botanical Gardens
October	Pomona Pub: Botanic Gardens
November	Cooloola Country Club
December	Gympie

WALKING GROUP



The Walking Group in Hervey Bay is starting to gear up with around 10 members meeting at the Elizabeth Street Botanical Gardens Urangan (at the community hub) or at the Marina.

OMU members are most welcome to join in. The walk commences at 8.00 am.

Afterwards there is coffee (paid for by OMU) at the Pastry Pie & Paradise opposite or at Hatch at the Urangan Pier depending on your walk.

Breakfast is on offer once a month where you contribute \$5.00 and the rest of the tab is paid for by OMU. The breakfast this month was held at Salt.

If you can't make it on the Thursday and you want to walk on another day, come and talk to David.



Breakfast at "Salt" Esplanade Urangan

NEW MEMBERS: OCTOBER / NOVEMBER 2023

Ron Bailey	Kevin Mallam	Maurice Ellis
Geoff Wood	Patrick Rankin	Barry Stonestreet

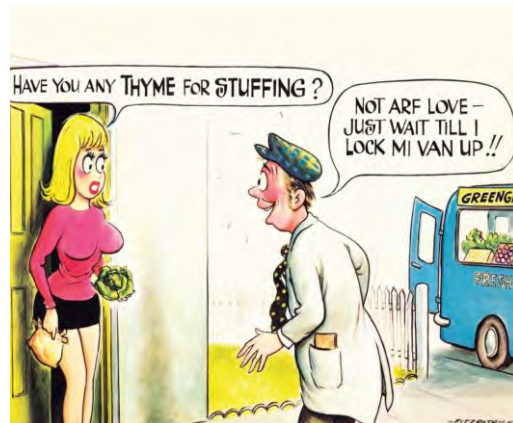
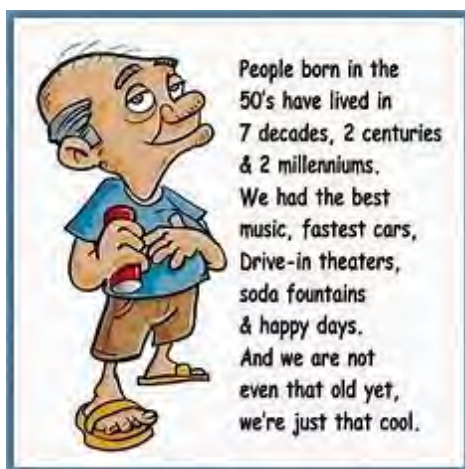
BIRTHDAY BOYS: NOVEMBER 2023

Richard Barkess	Ernie Bruse	Ken Green
Bill Liston	Buddy Lohmann	Gary Powell
Gerry Scharma		

My wife asked me what I was going to do today.
I told her, "Nothing".



She said, "You did that yesterday"
I said, "I wasn't finished".
She told me to join OMU



MEN'S HEALTH

Testosterone deficiency (Androgen deficiency)

What is androgen deficiency?

Androgen deficiency is a medical condition caused by problems with your body's ability to make testosterone (keep reading to see more about testosterone).

Either the hormonal signal that tells your testis to make testosterone, or the ability of your testicles to make testosterone, is not working properly.

Androgens are necessary for normal development, health and wellbeing, so androgen deficiency can have wide-ranging effects. Having a lower-than-normal testosterone level does not necessarily mean you have androgen deficiency.

Low testosterone can be caused by short-term or long-term illnesses, such as an infection or diabetes. Androgen deficiency affects between 1 in 20 and 1 in 200 men

Symptoms of androgen deficiency If you have androgen deficiency, you might:

- Lack energy
- Have poor concentration
- Feel depressed
- Feel weak
- Have decreased muscle mass and strength
- Put on fat
- Feel forgetful
- Have trouble sleeping at night or be sleepy during the day
- Get erections less often than normal
- Have a low sex drive.

More specific signs of androgen deficiency that your doctor may look for include:

- Very small testes
- A lack of sperm, causing infertility
- Impaired sexual maturation, including sparse facial and body hair
- A more feminine body fat distribution
- Gynaecomastia and soreness of breast tissue can also occur.

What is testosterone?

Testosterone is a hormone (a molecule produced by specific cells in the body that is transported in the blood to act on other cells) produced in the testicles of males, the ovaries of females, and the adrenal glands (small glands that sit above the kidneys, which secrete hormones important for many bodily functions) of both sexes.

The level of testosterone produced in the testicles is much greater than that produced in the ovaries or adrenals, so testosterone levels are much higher in adult males than females. Testosterone is the main androgen in men. It is responsible for the development of the male reproductive system before birth.

During puberty, testosterone causes:

- Body hair growth
- Stimulation of sebaceous glands in the skin (which can result in acne)
- Growth of the larynx and vocal cords (resulting in deepening of the voice)

Increased bone and muscle mass and strength. In adult men, testosterone regulates:

- Bone health
- Red blood cell production
- Mood and behaviour
- Libido (sex drive)
- Fertility
- The growth and function of the prostate gland.

Testosterone is also needed for spermatogenesis – the production and development of mature sperm. In women, testosterone is responsible for bone strength and sex drive.

How is testosterone regulated?

Normal testosterone levels are needed for physical and mental health. Your body has ways of making sure your testosterone levels are appropriate for proper bodily function. The hypothalamic-pituitary-gonadal axis controls testosterone production in your body. The hypothalamus is a region at the base of the brain that links the nervous system and endocrine (hormonal) system and regulates many bodily systems to maintain homeostasis – the steady state of the body's systems and processes to maintain optimal function in response to changes in the environment.

Seven (7) Myths of Aging

We all have thoughts about what it means to get older, but it turns out a lot of those ideas aren't really based on fact. These are a few of the myths about aging that we're glad to debunk.

1. Myth: You Can't Learn New Things as Well When You're Older

Yep, it's the old "you can't teach an old dog new tricks" adage, and it's so not true. In fact, learning new skills is one of the best ways to keep yourself in great shape cognitively as you get older. Whether it's taking a cooking class, playing a new board game, or learning a whole new language, don't expect your ability to learn to slow down.

2. Myth: Older Adults Should Avoid Working Out Too Much

As long as their doctor doesn't say otherwise, older adults can and should work out. In fact, it might be more important than ever. It is recommended the same 150 minutes of moderate exercise and two days of strength training each week for adults over age 65 that it does for adults of any age.

3. Myth: You Need Less Sleep as You Age

If your grandfather was like mine, he could go to bed really late and get up really early and still manage to function well. Turns out that's the exception to the rule, though. Most older adults need the same amount of sleep as adults of any age, but they may not get what they need. This can lead to feeling less energetic and less joyful, so prioritising sleep is crucial.

4. Myth: You Don't Need to Stay Busy as You Age

When you think about the stereotype of older people sitting in their rocking chairs and chilling, it seems like a hard-earned break after a lifetime of working in a career or the home. Not so fast (or slow).

Staying busy is actually associated with living longer and having a better quality of life. Whether it's through volunteering, caring for or spending time with your grandkids, getting together with friends, or any other activity, keep some things on the schedule well after retirement to live your best life.

5. Myth: Older Adults Don't Care About Sex

One of the myths about aging is that older people don't have an interest in sex. While you don't see a lot of older adults hopping into bed together on TV shows or in movies, the real story is a lot more steamier. Two-thirds of adults over age 65 report being interested in sex, and over half of sexually active older adults have sex two to three times per month.

6. Myth: People Who Are Older Are Less Useful

As people age, there's no denying that their roles change. Retirement, kids getting older and leaving home, and life events can make older people feel like they're not as useful when they're past a certain age.

But the truth is, they're more useful than ever in so many ways. For example, almost a quarter of children under age five are regularly cared for by a grandparent. Add in volunteering, activism, mentoring, and more, and you've got a generation of crucially important people.

7. Myth: Everyone Gets Arthritis Eventually

While it's definitely true that the prevalence of osteoarthritis increases as you age, getting it is far from inevitable. Only about half of people over age 65 have osteoarthritis, and there's a lot you can do to minimize its impact if you do get it. Getting regular exercise (but changing up what you do to avoid repetitive stress) is a really good way to help avoid joint pain.

Don't Listen to the Myths of Aging

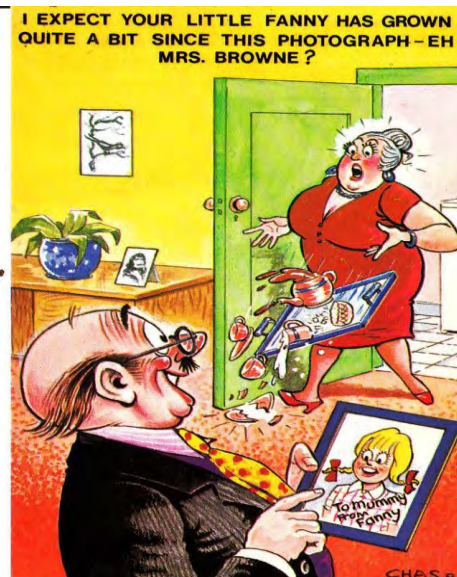
The lesson here is that we really can't listen to the myths about aging when we're thinking about what it's like to get older. People do change and develop as they age (just look at how quickly kids grow up), but those don't have to be changes for the worse or even the changes we might expect. Today's older people are staying mentally and physically active. And though things might look a little different as we age, older adults are still a vibrant and crucial part of society.

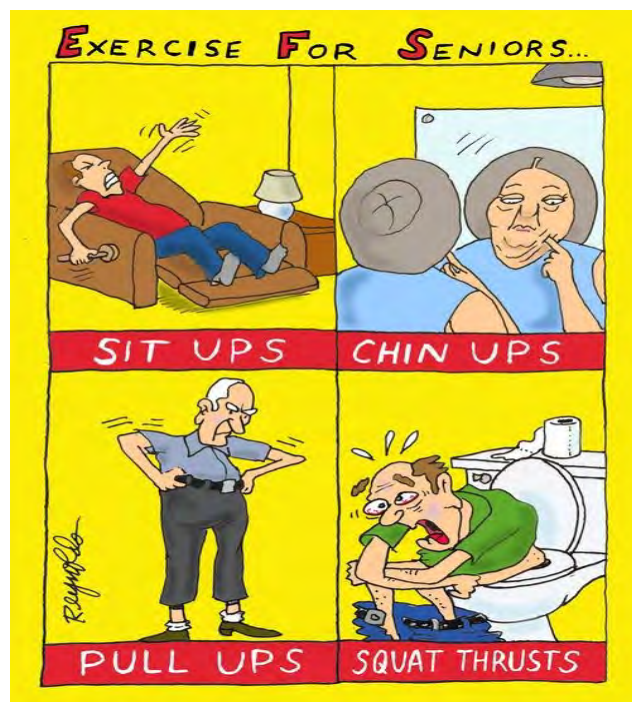
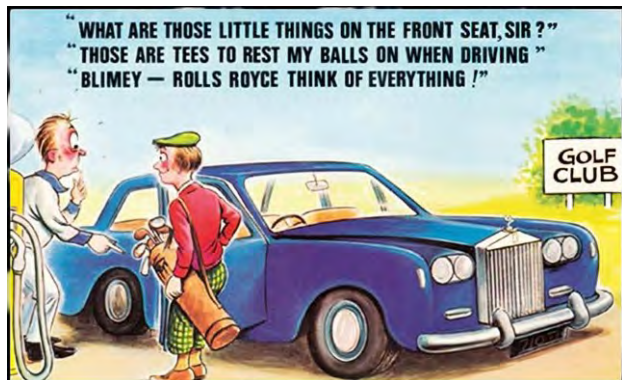
HAVE A LAUGH -

Dry Bones ELDERLY COUPLE



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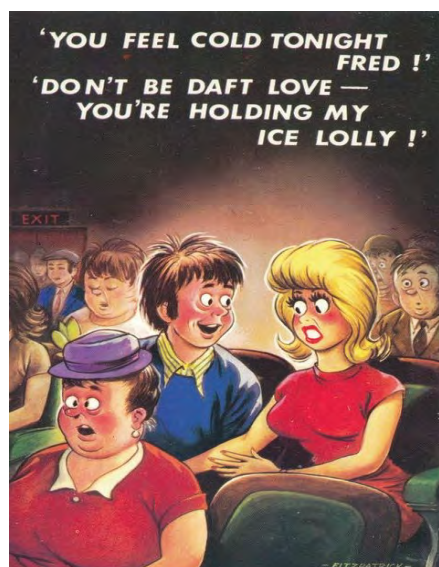
"YOU'VE CALLED AT AN UNLUCKY MOMENT — THE BOSS HAS JUST SLIPPED OUT."



'Ah, Mr. Mactavish, I see you have some ginger nuts'



“Weel, she insisted on seeing me teestimonials”



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ARE THEY GOING, OKAY?

IT DOESN'T TAKE MUCH!

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 - Aged Care Quality and Safety Commission 1800 951 822
 - My Aged Care 1800 200 422
 - National Dementia Helpline 1800 100 500
 - National Seniors Australia 1300 765 050
 - Seniors Enquiry Line 1300 135 500
 - QLD Health 13432584

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MORE INFORMATION PLEASE CONTACT:

MARIA – 4128 1334

OR EMAIL manager@mowfc.org.au

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OMU sincerely appreciates your enthusiasm and commitment with the support you provide.

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FIND A WORD

SOMETHING TO DO WITH COMING AND GOING – 26 TO FIND



P	V	R	I	O	S	S	U	O	V	N	G	O	O	H
A	O	E	E	D	E	N	T	R	A	R	K	L	O	B
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S	S	C	T	N	C	V	O	U	O	T	E	C	I	A
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E	U	G	A	N	I	Y	A	W	C	P	O	R	H	C
A	T	C	H	I	H	C	R	A	U	I	E	R	C	H

26 TO FIND:

ACCESS	ARCH	DOVE	DOORWAY	ENTRANCE	ENTRY
EXIT	GANGWAY	GATE	GOODBYE	HATCH	HOLE
KEystone	LEAVE	LUNETTE	OGEE	OGIVE	PASSAGE
PORCH	PORTAL	POSTERN	STOP	TURNSTILE	VOUSOIR
WAY IN	WAY OUT				

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David's email: manager@omu.org.au

Or phone: 4128 9011

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