

OLDER MEN UNLIMITED HERVEY BAY



OMU LOCAL

February 2023



INCORPORATING
MARYBOROUGH

Patron: George Seymour (FCRC Mayor)

Meeting 27th February 2023 Guest Speaker: Lianne (Stroke Foundation)

MANAGEMENT COMMITTEE AND CONTACT NUMBERS

<u>Position</u>	<u>Name</u>	<u>Phone</u>	<u>Mobile</u>
President	John Lawrence	4128 3630	0483 188 545
Vice-President	Des Langford	4124 5887	0458 087 992
Secretary	Chris O'Brien		0490 188 571
Treasurer	Ian Paxton		0437 247 816
Committee	Glen Miller	4121 4724	0417 606 874
	Denis Biddle		0414 507 932
	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

**LOOK
WHAT'S
NEW!**

"OMU Local"



OMU GROUP CONVENERS

ART	RAY CHESTERFIELD	4194 7010
CLUB ROOMS	CHRIS O'BRIEN	0490 188 571
MARYBOROUGH	GLEN MILLER	0417 606 874
OUTREACH	DAVID HOODLESS	4128 9011
RAFFLES	DAVID HOODLESS	4128 9011
SAUSAGE SIZZLES	JOHN LAWRENCE	4128 3630
SOCIAL ACTIVITIES	JOHN LAWRENCE	4128 3630

REPORTS

PRESIDENT:

5am 21st February and I'm just starting my report for this month. I must organize myself better really, but that will never happen. I seem to work better under pressure. Now to the news. We are moving ahead with Roy's generous gift. Subject to Council approval Maryborough will be getting a shipping container to help with congestion in the workshop and a cover over the stairs to the Club Rooms will be installed this May. Take some time as the wheels of Council turn slowly. The Food Van is close to delivery but once again held up by red tape. As soon as it arrives, we are looking at a Grand Opening, say at the Black Stump at Point Vernon. I have noticed with great pleasure quite a number of new members, the life's blood of any organisation. I have handed over the Sausage Sizzle to Des Langford and "Rusty" Pool, but I'm sure I'll be making a cameo performance from time to time. We also visited the Late Simon Sweetnam's man cave and rescued a considerable amount of woodworking gear destined to go to the Maryborough Branch for their workshop. Thank you to Pam and Simon
John Lawrence

ART GROUP

Art Group is now in full swing after the Xmas break, a few health scares in last few weeks especially from the Gallops and the Brackels. We wish them all the best. Ray is working on a seascape at present, El Packo on a dog a Staffy. Noel is working on a horse; it is a personal project. Numerous other attendees are working on various projects including Dave, Steve, and Steve Nash.

Happy and Petrina are attending regularly assisting with the overall running of the Art Group.

So, if you think you would like to join every Wed at 8 am, at Seagulls, come along and give it a try.

El Packo

MARYBOROUGH

Finding something to report on after the Christmas break is like trying to find a teetotaller at an Oktoberfest!

Frank opened the clubhouse pretty soon after New Year and members began drifting back for the camaraderie and the fantastic coffee!

From all accounts, everyone had a good time over the break. Some travelled away but I think most of us stayed home as the uncertainty of safety on the roads seems to concern us all, the older we get. Our normal activities have resumed and it almost seems like there wasn't a break at all!

The new lathe has certainly proven to be a good investment, as more members are lining up to use it and more exotic materials are being created to experiment with. Early results are very promising as different types of timber reveal their differing attributes.

The Wednesday Walkers are back to normal and the 6.30am start has been given the Heave Ho.

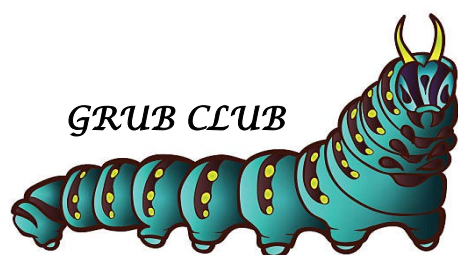
It was really good how one of our number suggested the early start and then took off to NSW for a few weeks! No names, but we all know who it was!

An offshore fishing trip in April is something I am looking forward to so I hope nine other members want to go so we can book the boat. Maybe this time I will actually catch a keeper!

Anyway, it has been good to drop in to the clubhouse and see all of the regulars doing what they do best and enjoying this great organisation and what it has to offer.

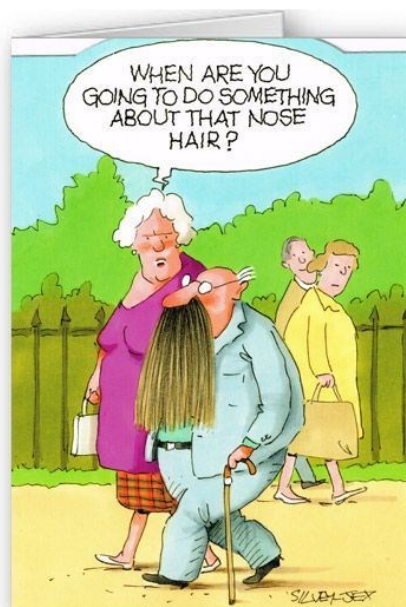
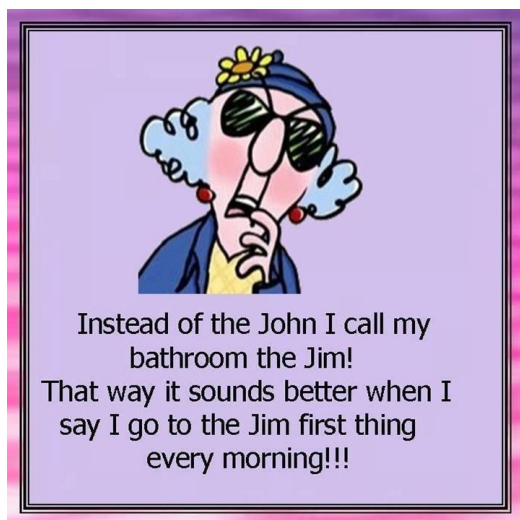
Welcome back to OMU everyone!

GLEN



We see them here; we see them there. We see the Lunch Group everywhere, but too much at the Urangan end of the Bay, according to a certain two members, P1 and the Silver Fox, who shall remain nameless. They seem to have taken over from Simon, Spit the Dummy, Sweetnam and are doing him proud. But I digress. We have enjoyed the pleasures of Torquay Hotel, Whale Bay Asia and others, I can't remember – Oh yes Hogg's Breath last week. This week we're off to Thai Smiles. I have proposed a Pie Floater Day, on a day to be announced. To the ignorant few who don't know what a Pie Floater is, I'll explain. Take a bowl, insert a Pie, Plain Pie only, cover with Mush Peas, Mashed Potatoes and Gravy or any combo of the above. The Lunch Group has done the Alfresco before so I'm looking forward to a new experience.

JBL



THE AUSTRALIA DAY BUS TRIP TO PARADISE DAM AND BIGGENDEN

Yes, we had a bus trip on Australia Day. 13 trusting souls headed off on our first bus trip on Australia Day. We left on a very hot day in Hervey Bay and it was not going to get any cooler. We had one person who failed to show at 8:30 am and our policy if you ain't there we go anyway.

We picked up Charlie W. at the Kawungan shops well he was looking down the road but did not see us. I don't know what bus he was looking for but we thought he must have been hoping for a more a luxurious vehicle. I got off the bus and waved to him and he realised it was us. It reminded me of the film Jaws when someone said they needed a bigger boat because the bus is a tad cramped and the only person who has enough leg room is Toulouse Lautrec.

We headed off to Paradise Dam and arrived there at about 10:15 am. This is a really nice spot with a great view over the dam with cooking facilities and good seating. The usual fare was supplied chicken, Anzac biscuits and muffins. However, I have to report Tim Tams once again failed to be eaten. So, they are now officially off our eating list. A suggestion of Bob Symons was enacted this trip a brought a pump pot of iced water which had about over 2 litres of water in it. The day being hot everybody tried to have some but we soon ran out. Next time I will bring more cold filtered water-Sorry, guys. That what happens when you have an idiot in charge.

Mulga went to the toilet it was a bit of a walk the only complaint we have about the Paradise Dam facilities. We met two bikers from Bundaberg and we invited them for tea and coffee and some biscuits because that is the type of Club we are.

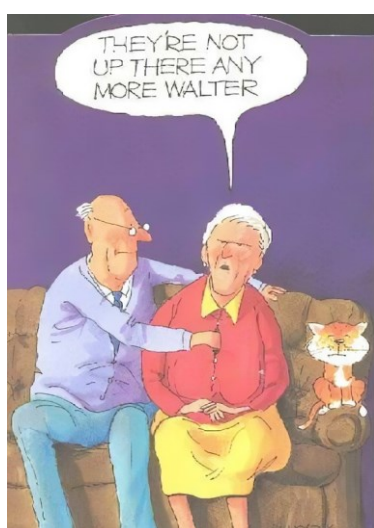
We then headed down to the lower reaches of the dam as requested of Pete the bus driver.

Note to self: There is no phone reception here.

We then headed to Biggenden where our group arrived at the Commercial Hotel and our host Brad. We partook of refreshments for 3 hours and the pub graciously supplied sausage sandwiches, free to all the bus party. Thanks Brad, I will organise a letter of thanks to the Brad and his staff at the Commercial Hotel.

We then headed home via Maryborough, but alas the Twilight Zone had ensnared us in the Biggenden Triangle very similar to the Bermuda Triangle bounded by Childers,

Gayndah and Maryborough. Or is it a poltergoose. Our last trip to Biggenden we had a break down and this time we had a flat, but in the rear of the bus on the internal wheel one nearly underneath where I was sitting. Peter sprang into action with Don and Mulga aiding to get the stubborn reverse threaded bolts off. Poiter S. supervised from under a nearby tree and the rest of us sat in the shade surveying the work being done. It was very hot. After about half hour of work all was fixed and we got back on the bus. I was the only person sitting over the back axle and I can only conclude that my weight broke the tyre so it is official I am going on diet to help save our long-suffering bus. We stopped at Sporties to relieve ourselves and get some drinks. This is another unique club and I will definitely come back for a longer stay. Once again Peter has saved the day for the bus trip. We can only marvel at the prowess of Peter and his helpers. Next bus trip will probably be to Pomona but I will keep you informed.



WALKING GROUP



Still looking for a member to step forward and take the reins of this healthy, enjoyable activity. The walking group in Hervey Bay has ceased and we would like it to increase.

Please phone David 4128 9011 for more information.

Your interest is appreciated – thank you.

The walking group in Maryborough on the other hand is going great guns. A good walk, then breakfast then a talkathon. I believe the table does need a good clean underneath because of the type of conversations held!



CLUBROOMS:

The attendance at the clubroom has been a bit up and down – no idea why? The committee will be introducing a member's draw every Friday where the prize will be \$50.00 cash. If the member is not here then it doesn't jackpot it stills remains at \$50.00 for the following week. This will commence Friday 3rd March.

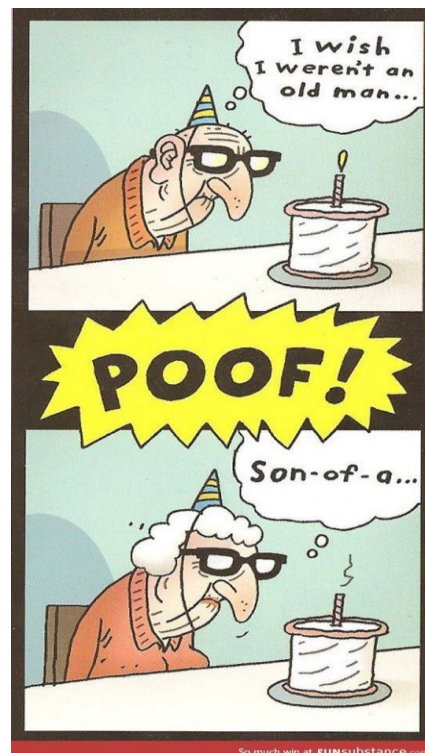
DAVID

BIRTHDAY BOYS: FEBRUARY

Peter Catherall	John Lawrence	Peter Chandler
Jan Hadley	Andy Peverill	Brian Ward
Graham Winton	Rod Gibb	Ted Hammond
Trevor Cronin	Ray Delisen	Paul Shepherd
Haydn Miller	Maurie Tench	

NEW MEMBERS: FEBRUARY 2023

Rod Gibb Russ Carr

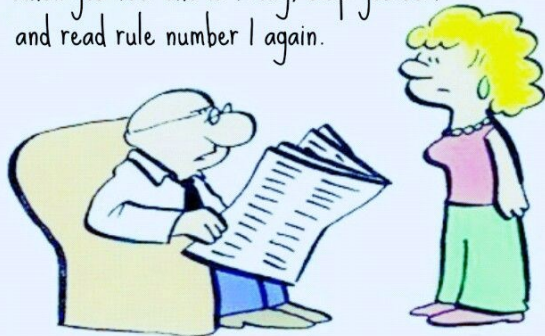


Part of OMU's activities is to visit other senior men living in aged care facilities and to the left we have Rod and Richie who were recently presented with Certificates of Appreciation and a box of chocolates for giving up their time to help others. Thank you, your work is sincerely appreciated by the management committee.

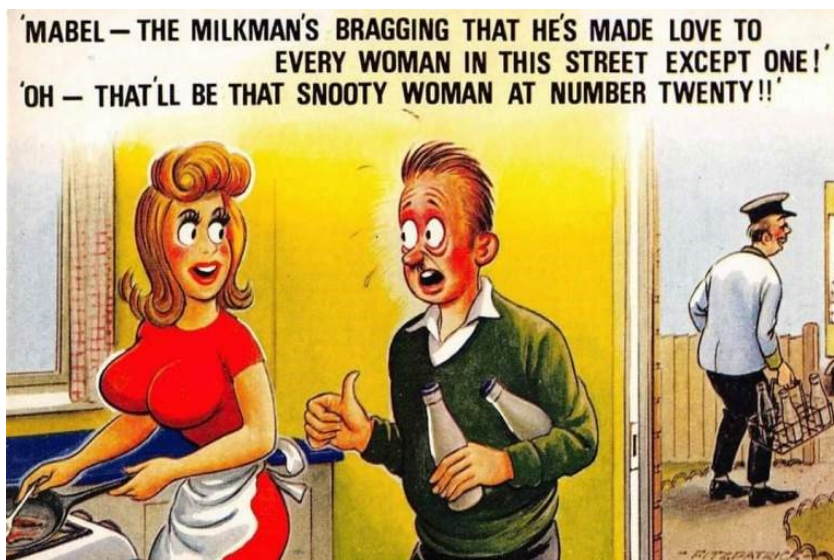


TWO GOLDEN RULES TO A HAPPY MARRIAGE

1. The wife is always right.
2. When you feel she is wrong, slap yourself and read rule number 1 again.



“Communication is a critical part of a successful marriage, so keep your pie-hole shut and listen.”



Diabetes – Complications

Diabetes is a complex condition that affects many parts of a person's body. It can also impact on a person's mental health. The potential complications of diabetes are the same for type 1 and type 2 diabetes.

- People with diabetes are up to four times more likely to suffer heart attacks and strokes
- Diabetes is the leading cause of preventable blindness in Australia
- Kidney failure is three times more common in people with diabetes
- Amputations are 15 times more common in people with diabetes
- More than 30 per cent of people with diabetes experience depression, anxiety and distress

Early diagnosis, optimal treatment and effective ongoing support and management reduce the risk of diabetes-related complications

Knowledge of how to look after yourself to minimise or even prevent complications is an important first step.

A complication of Diabetes

Depression and mental health

Depression is a very real condition and is becoming increasingly common in the general population; approximately one in four people will experience depression some time in their adult life. For people who live with diabetes, this figure is even higher.

Up to 50% of people with diabetes are thought to also have a mental illness such as depression or anxiety.

People with depression and diabetes may find it hard to maintain daily diabetes care. Diabetes Australia and SANE have developed a booklet 'The SANE Guide to Good Mental Health for people affected by diabetes' which explains the relationship between diabetes and mental health and what you can do to look after yourself

What is depression?

Depression is not just low mood but a serious illness. People with depression find it hard to do normal activities and function from day to day. Depression has serious effects on physical as well as mental health.

Link between diabetes and depression

Research shows that having diabetes more than doubles the risk of developing depression. Living with a chronic condition like diabetes, coping with biological and hormonal factors plus needing to manage the condition on a daily basis may increase the risk of depression.

Depression can increase the likelihood of developing diabetes complications. People with depression may find it harder to deal with everyday tasks. Over time, managing diabetes (regular blood glucose testing, taking medication, following a healthy eating plan and regular physical activity) can take its toll. This may increase a person's risk of depression, which may in turn lead to their usual diabetes care being neglected.

Feelings & behaviours

A person may be depressed if for more than two weeks they have:

- Felt sad, down or miserable most of the time OR
- Lost interest or pleasure in most of their usual activities and

Experienced symptoms in at least three of the following four categories:

Behaviour

- | | |
|-------------------------------------|----------------------------------|
| • Stopped going out | Not getting things done at work |
| • Withdrawn from family and friends | Relying on alcohol and sedatives |
| • Stopped doing things you enjoy | Unable to concentrate |

Thoughts

- | | |
|-------------------------------------|-----------------|
| • "I'm a failure" | "It's my fault" |
| • "Nothing good ever happens to me" | "I'm worthless" |
| • "Life is not worth living" | |

Feelings

- | | |
|----------------|------------|
| • Overwhelmed | Guilty |
| • Irritable | Frustrated |
| • Unhappy | Indecisive |
| • Disappointed | Miserable |
| • Sad/tearful | |

Physical

- | | |
|------------------------------|---------------------------|
| • Tired all the time | Sick and run down |
| • Headaches and muscle pains | Churning gut |
| • Sleep disturbance | Poor appetite/weight loss |

Treatment

Depression is just like any other illness; it can be treated. Treatment can lift the depression and improve diabetes control.

Looking after your diabetes will help decrease the risk of getting depression. If you already have depression, good diabetes management will help lessen the negative impacts it can have. Depression is no different to any of the other complication of diabetes. It is a genuine illness for which you need to seek help and support from health professionals.

The treatment for depression and diabetes involves a coordinated approach that monitors both diabetes control and the symptoms of depression. It is about finding the treatment that works best for each person. For example, people with diabetes and mild depression may find that regular physical activity improves depressed moods and also helps control blood glucose levels.

The most effective treatments combine psychological and medical care. Talk to your doctor about how you are feeling and discuss whether a referral for psychological support is appropriate. Support is vital and can come from a number of sources such as friends, family, community groups and your Credentialed Diabetes Educator.

Your doctor or health professional will take into account several factors when suggesting the most suitable treatment for you. Regular contact with, and ongoing assessment by your doctor to check that your treatments are working effectively is an important part of becoming and, staying well.

Fortunately, the Australian Government's Department of Health and Ageing has recognised that living with diabetes is difficult and has subsidised access to several allied health groups, including psychologists and social workers for people with diabetes.

Medicare may provide a rebate on psychologist fees if you have chronic condition and are referred by your doctor. Discuss this with your doctor if you would like to seek counselling.

Helping yourself

If you suspect you might have depression, take control of your health by:

- Going to a doctor or other health professional
- Getting involved in social activities
- Engaging in regular moderate physical activity
- Learning about depression and diabetes
- Eating healthily and including a wide variety of nutritious foods
- Achieving and maintaining healthy weight
- Limiting your alcohol intake
- Getting help, support and encouragement from family and friends
- Asking your doctor to check your blood pressure, cholesterol and blood glucose levels.

Getting help and more information

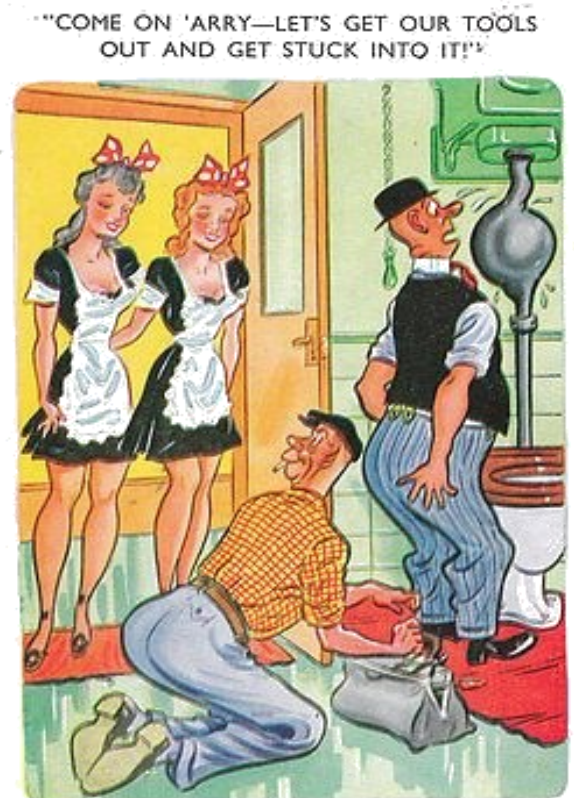
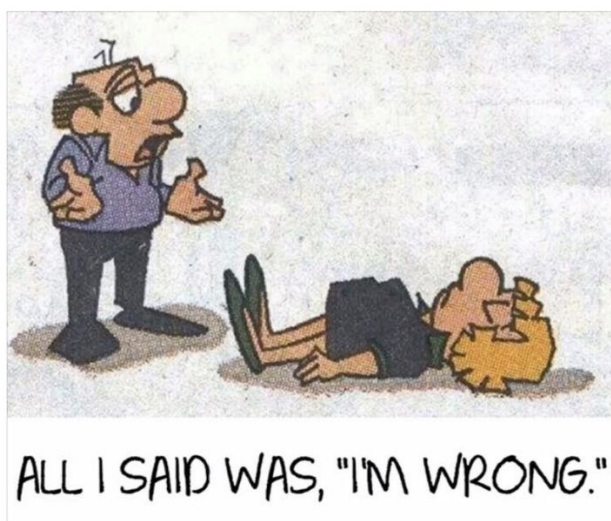
If you or someone you know needs help, talk to your doctor or other health professional about getting the right advice and support. For further information contact:

Diabetes Counselling Service

Beyondblue or call them on 1300 22 4636

Black Dog Institute or call them on 02 9382 2991

Lifeline or call them on 13 11 14





“Very intelligent says”

- When one door closes and another opens, you are probably in prison
- To me, “drink responsibly” means don’t spill it
- I remember being able to get up without making sound effects
- I had my patience tested. I am negative
- If you are sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, “Did you bring the money?”
- I finally got 8 hours sleep. It took me 3 days.
- Don’t bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That’ll freak you right out.
- My luck is like a bald man winning a comb

Spot the difference – SCAMS

Maybank2u.com is not the same as – Maybank2u.com

Citibank.com is not the same as – Citibank.com
(The first one is correct, the second one is from hackers)

The “a” in the later URL is a Cyrillic alphabet.

An average internet user can easily fall for this. Be careful for every email requiring you to click on a link.

Please stay alert.

Remember that scammers:

- try to gain trust by claiming to be from a well-known business or impersonating a known contact
- will suggest their own verification procedures, like going to websites they have created or calling numbers they provide to you
- know how to appeal to your emotions and press your buttons to get what they want
- create a sense of urgency to get you to make decisions without thinking.



1. Phishing scam: Bank SMS

You receive a new SMS from your bank. After looking at it closely, you realise that although the previous SMS was real, the new SMS is a scam.

What are the five signs that this is a scam?

1. **Scammers can make messages look real.** Even if you've previously received legitimate SMS messages from the same number, don't assume all following messages are real. Scammers can 'spoof' real phone numbers or email addresses, to make it appear that they come from your actual bank or another legitimate contact.
2. **It's different in style from the first SMS.** The previous SMS is legitimate and it provides information only. It tells you to log into your account but provides no links that could lead to potentially malicious websites.
3. **It has a malicious link.** The new SMS contains a link to a phishing website. These types of websites attempt to trick you into giving out personal information such as your bank account details, passwords and credit card numbers. Even if you think the text might be real, it's safer not to click on any links, and to log into your account by typing your bank's URL (Uniform Resource Locator) directly into the address bar. The address bar appears at the top of your web browser, and the numbers and letters that make up the URL are the directions to the website or webpage.
4. **It's not secure.** Legitimate sites containing sensitive information will use https not http, but don't rely on this alone – some scam sites use https too.
5. **It has a sense of urgency.** Scams often try to create a sense of urgency. Don't rush – take the time to think about what the message is telling you to do and consider whether it's real.



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please let David know what your email is and you will receive it in glorious colour. "Too easy".

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

Or phone: 4128 9011

Something different this time – 19 words listed but only 18 words in the puzzle. Can you find the missing word?



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

There are 18 words to find this time – One is missing from the list

BOSS	CHAIRMAN	CORONATION	DICTATOR	DYNASTY
EMPIRE	GOVERNOR	HEREDITARY	INHERIT	PRESIDENT
PRIME MINISTER	PRINCE	PRINCESS	SEAT	SOVEREIGN
SUCCEED	THRONE			

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