

OLDER MEN UNLIMITED HERVEY BAY



OMU LOCAL

INCORPORATING
MARYBOROUGH

FEBRUARY 2024

Patron: George Seymour (FCRC Mayor)



Members Morning Tea 26th February 2024

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		0447 466 256
	Russell Pool		0499 504 597
	Peter Scanlon		0431 613 942
Bus Trips	Ian Paxton		0437 247 816
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



"My memory really sucks Mildred, so I changed my password to "incorrect." That way when I log in with the wrong password, the computer will tell me... "Your password is incorrect"

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:

I hope everyone coped with the very hot, humid conditions we have had this month. By the time this Newsletter goes to print, wife Lyn and I should be back from a short holiday in Tassie, or as manager David would say "over on the Mainland". A good remedy for the hot weather.

There have been solid numbers of members at all activities, with Friday Morning Tea often breaking the 50. Don't forget the Ticket Selling roster on the table as you walk in. This is an important Fundraiser for us and we need ticket sellers for Sat, Wed, and Thur. Our dedicated committee and individual volunteers are doing the hard work but can always do with some more help.

For our March monthly meeting we shall conduct a "workshop" to gather feedback from members. The questions presented will ask what we can do to identify and help older men in the community. We will also be seeking suggestions for future events and which areas individual members may wish to support.

Stay cool and hydrated!

ROD PAROZ

MARYBOROUGH

The members enjoyed a great day at Anzac Park. Members could bring their wives, and/or girlfriends along for this event. Claus, prepared a lovely feast, a great variety of food. The OMU gazebo was set up for the entertainment that was the ukulele group who sang songs and Peter (convener) belted out some songs, his wife also sang some great songs. I am very sure that everyone enjoyed their day.
Cheers Richard





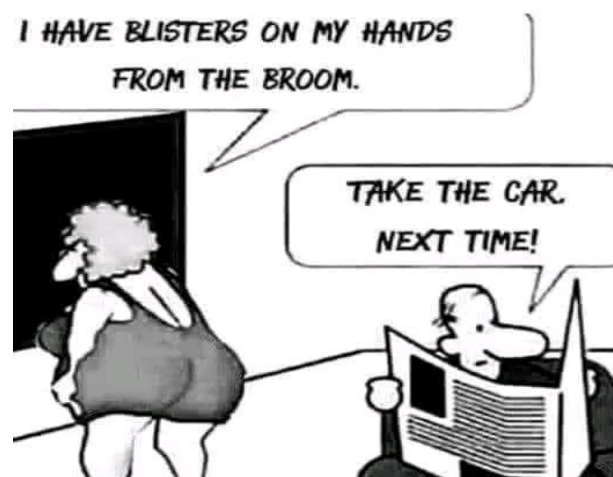
Outreach: – There were no Outreach visits scheduled for the month of January and dates for February have been placed on the notice board. It was also decided to speak with Ivy, the Diversional Therapist at Yaralla to see if more men from there would like to attend the workshop. Remember that Outreach is basically the reason the organisation was established originally and is how it differs from the majority of other support groups such as Men's Sheds.

**Maryborough Group next meeting
Tuesday 5th March.
Will be at Ken Green's property,
4 Barnett Road, Takura.
10.00 am
Members from Hervey Bay all
welcomed.
Guest Speaker, games, activities,
lunch / BBQ.**

Workshop/Activities – 137 members attended the Activity Centre during December. The workshop added \$954.00 to the group's bank account for December. There is only one more bat box to be finished to complete the current 20 box order. An outdoor lawn seat has been finished and is ready for sale. The Hatch Coffee and Gifts shop in Hervey Bay, which has agreed to sell some of the wooden items made in the workshop, has recently sold \$100.50 worth of items for us. The issue of damage to workshop equipment has been discussed and members are asked to ensure that they let Frank know if any equipment needs repairs or replacement. This will prevent other members using that equipment

when its operational safety has been compromised. Members are also reminded that it is their responsibility to clean up their work area after they have finished working.

FUND RAISING – Sausage Sizzles: The Bunnings sausage sizzle held on Saturday the 23rd. December raised \$800.00 less \$166.00 expenses so many thanks to the members who attended that day. Two sausage sizzles have been held recently on January the 20th. and Feb the 3rd. and Steve Froome took over the responsibility for organising those days while Peter Sawtell recovers from his recent operation so many thanks to Steve for agreeing to help out with this job. Bunnings has also advised that they don't want us to start sausage sizzles until 8:00 am from now on.



Try these – Answers on the back page

1. A woman shoots her husband. Then she holds him underwater for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?
2. What can be swallowed, but can also swallow you?
3. They fill me up and you empty me, almost every day; if you raise my arm, I work the opposite way. What am I?
4. What can be stolen, mistaken, or altered, yet never leaves you your entire life?
5. Until I am measured, I am not known. Yet you miss me, when I have flown. What am I?
6. Some try to hide, some try to cheat, but time will show, we always will meet. Try as you might, to guess my name, I promise you'll know, when you do claim. Who am I?
7. I weaken all men for hours each day. I show you strange visions while you are away. I take you by night, by day take you back. None suffer to have me, but do from my lack. What am I?
8. He has married many women, but has never been married. Who is he?
9. What goes in dry and comes out wet and satisfies two people?

THE BUS TRIP:

Trip to Woodgate Jan 25, 2024

We left OMU on a very hot and sticky Thursday morning. The 2 reserves were on board due to 2 people pulling out. Get well soon Steve. Success was achieved when our resident wandering albatross Flanagan did not get left behind as I had done on a previous trip. Well done me and Flanagan.

We had morning tea at a nice little park in Howard. IT decided on a curry pie at the nearby Bakery which he recommended highly.

We travelled on through the verdant country side passing through Woodgate to go to Walker's Point on the very wide Burrum River. There a great breeze blowing there for us to cool off and 2 optimistic fishermen on the ramp. After having a look see we immediately gathered under a picnic shelter like drover's dogs to get out of the heat. I could see the guys were feeling the heat and humidity.

Pete the driver suggested a run along the main road in Woodgate showing us all the highlights or highlight. There were a few people with banjos on their front porches watching us go by but we ignored them. It is a very nice area along its waterfront. At the northern end of Woodgate Pete suggested that we could get off the bus but everyone stayed on the bus as though they hadn't heard him. The weather had definitely dampened our enthusiasm. I felt there was only one solution lets go to the Woodgate Club.

We arrived at the club and sampled their alcoholic wares. Flanagan and Co were drinking their usual Guinness. The lady behind the bar at the end said this was the most Guinness that they have ever sold in the club in a day. We concluded that they were finishing off the first carton of Guinness they had ever opened at the club.

The food at the club was first rate reasonably priced, we will be back.

We headed off for our ice cream at Golf Club. Everything ran smoothly even Ray's OMU card.

I was waiting while everyone got on the bus. Bob Symo called to me and said everyone was on board I said OK just as Mulga appeared from the toilets. Needless to say Bob has been struck off Mulga's Xmas list. I thought that if we had left Mulga there he would be just arriving in Hervey Bay about now.

We arrived back at Seagulls about 4 pm.

Peter Scanlon organised 3 cheers for himself and we organised 3 cheers for Pete the driver as well. I hope everyone had a good time.

Thanks to all attendees next trip is to Rainbow Beach again due to it being the most popular of our bus trips.

REGARDS YOUR Travel Consultant Packo.

List of Bus Trips 2024 following input from members

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.

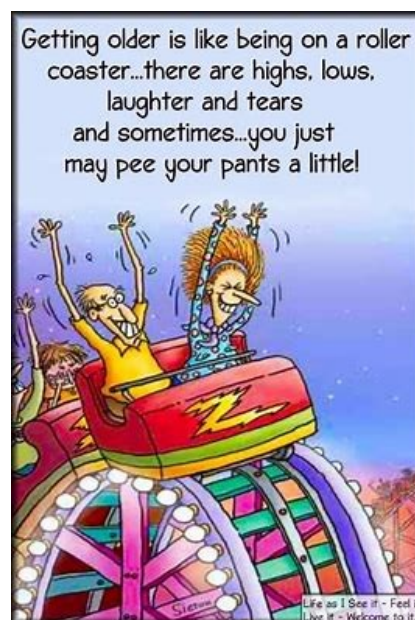
If you can't make it on the Thursday and you want to walk on another day, come and talk to David.

NEW MEMBERS: JANUARY / FEBRUARY 2024

David Lewis Gary Page Barry Davis-Skinner

BIRTHDAY BOYS: JANUARY / FEBRUARY 2024

Richard Barkness	Ernie Bruse	Peter Catherall
Trevor Cronin	Ray DeLisen	Rodney Gibb
Dennis Goudie	Ken Green	Ted Hammond
Bill Johnston	John Lawrence	Bill Liston
Buddy Lohmann	Kevin Mallam	Haydn Miller
Andy Peverill	Gary Powell	Gerry Scharma
Paul Shepherd	Maurie Tench	Brian Ward Ward
Graham Winton		



MEN'S HEALTH

What is kidney failure?

Kidney failure, also called renal failure, is when your kidneys no longer work properly.

Your kidneys' main job is to clean your blood and make urine (wee). When the kidneys do not work properly, waste and fluid builds up in your body.

There are 2 main types of kidney failure:

1. acute kidney failure (also called acute renal failure, or acute kidney injury)
2. chronic kidney disease



Acute kidney failure

Acute kidney failure is the short-term loss of kidney function. It can develop quickly – over a few hours or days. It can be due to:

- an injury or illness – such as severe dehydration, or an infection
- drugs or poisons
- In most cases, your kidney function will recover over time – usually fairly quickly over a period of days. In other cases, acute kidney failure can cause permanent damage and lead to chronic kidney disease.

Chronic kidney failure

Chronic kidney disease is when your kidneys have been damaged in a way that can't be reversed. Chronic kidney disease takes months or years to develop.

If chronic kidney disease progresses, it can lead to chronic kidney failure.

What are the symptoms of kidney failure?

Symptoms of acute kidney failure

Signs and symptoms of acute kidney failure can include:

- decreased amount of urine (wee)
- oedema (fluid or water retention – most commonly swollen ankles)
- confusion
- nausea
- feeling breathless

Symptoms of chronic kidney disease

Signs and symptoms of chronic kidney disease may include:

- hypertension (high blood pressure)
- night-time urination (weeing)
- changes in how your urine looks (such as frothy or foamy)
- haematuria (blood in your urine)
- oedema or puffiness (in the legs, ankles or around the eyes)
- tiredness or weakness
- nausea (feeling sick) or vomiting
- itching
- restless legs
- breathlessness

If you notice any of these symptoms, see your doctor.

What causes kidney failure?

There are several causes of both acute and chronic renal failure.

Causes of acute kidney failure

Acute kidney failure can be caused by:

- damaged kidneys – due to disease, infections or toxins
- dehydration

- trauma (physical damage) to the kidney – after major surgery, or an accident
- blocked ureters (kidney drainage tubes) – this may be from kidney stones, a tumour, or an enlarged prostate
- some medicines

Causes of chronic kidney failure

In Australia, the most common conditions causing chronic kidney failure are:

- diabetes
- high blood pressure
- inflammation in the kidney (glomerulonephritis)
- When should I see my doctor?
- It's important to see your doctor if you have symptoms such as:
- a build-up of fluid in your body
- the amount of urine you make decrease

Kidney disease often doesn't have any symptoms. It's sometimes called the 'silent disease'.

But there are certain risk factors that can increase your risk of chronic kidney disease.

These include:

- hypertension (high blood pressure)
- smoking
- diabetes

If you have chronic kidney disease you should see your doctor at least once a year.

If you have risk factors for kidney disease, it's important to get a regular Kidney Health Check. This involves 3 tests:

1. a blood test
2. a urine test
3. a blood pressure test

If you have diabetes or high blood pressure you should have a Kidney Health Check every year.

If you're a smoker or have a family history of kidney disease you should have a Kidney Health Check every 2 years.

How is kidney failure diagnosed?

Your doctor will ask about your symptoms and examine you. They will also ask about your health in general. Your doctor will likely recommend test such as:

1. blood tests
2. urine tests
3. an ultrasound scan

How is kidney failure treated?

Treatment for kidney failure will depend on the type of kidney failure and the cause.

Acute kidney failure

In acute kidney failure your doctor will:

- investigate and treat the cause
- prescribe medicine to help your kidneys recover
- monitor your urine (wee) production and kidney function

Some people will need short-term dialysis treatment to help their kidneys recover.

Chronic kidney failure

There are 2 main treatment options for chronic kidney failure:

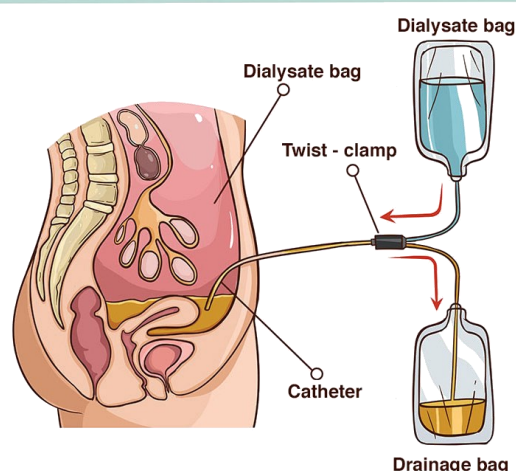
1. **Dialysis** – removes waste and extra fluid from your blood through either haemodialysis or peritoneal dialysis.
2. **Kidney transplant** – where you receive a healthy kidney from a donor.
You can also see a dietitian for advice on the right diet to follow and the right amount of fluid to drink.

Peritoneal dialysis

Kidney Stones

Presence of stones in the kidney due to a decrease in urine volume or excess of stone-forming substances in the urine. This causes back pain, abdominal pain, burning sensation during urination, blood in urine and fever.

Urgent medical attention is usually recommended in severe cases by healthcare providers:



Urgent medical attention is usually recommended in severe cases by healthcare providers:

- Can be dangerous or life threatening if untreated
- Common (More than 10,000 cases per year in Australia)
- Treatable by a medical professional
- Requires lab test or imaging
- Can last several weeks or months
- More common in males
- Family history may increase likelihood

If you are experiencing new, severe, or persistent symptoms, contact a health care provider.

Some kidney stones pass on their own when they are small before causing any symptoms. Larger stones block urine flow and cause painful symptoms such as:

1. Pain in the abdomen or lower back, which is intermittent and severe radiating to groin, and testis in males is the most striking feature
2. Pain worsens during movement
3. Blood in urine
4. Pus in urine
5. Fever
6. Difficulty in urination, feeling of urgency, frequent, painful, burning urination

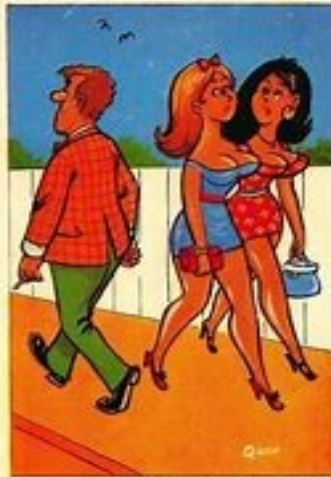


Hmmm... Feels like a half rotten peanut sitting on a couple of over-cooked wontons.

"NOW ALL HENRY WANTS TO DO, IS TO STAY HOME EVERY NIGHT AND PLAY WITH MY PUSSY"



"I DIDN'T KNOW HE WAS A POLICEMAN UNTIL I FELT HIS TRUNCHEON!"





A great card for you golfers





John Shearer
Psychotherapist
Hypnotherapist
Author / Speaker

0418 864 162
www.johnshearer.xyz

New member of OMU, John Shearer is an almost retired mental health professional and has offered free consultations for members. John is an outspoken advocate for mental health, suicide prevention and sharing personal stories. He is passionate about his purpose which is helping a world in crisis to awaken. John has reached millions of people through live talks, documentaries, radio, podcasts, print and online. His signature saying is: Be Mindful... Pause... Connect! John also has a pool table in his shed and welcomes challengers! Feel welcome to call him anytime.

~~~~~

John Shearer # Mindfulness Master, [Sound Healing](#)  
Hypnotherapist # Lived Experience Trauma Coach  
12 Cassia Avenue, Scarness, Hervey Bay, Qld 4655  
Phone 0418 864 162 # <https://linktr.ee/johnshearer>  
# [mindfullyMAD.org](#) # Over 600,000 [facebook](#) 'likers'  
Make a Booking # <https://johnshearer.setmore.com>

## IS IT TIME TO CALL A MATE?

DON'T FORGET YOUR MATES!

ARE THEY GOING, OKAY?

IT DOESN'T TAKE MUCH!

DID YOU KNOW THAT THERE ARE 168 HOURS IN A WEEK AND IF YOU GAVE 1 HOUR A WEEK TO TALKING TO YOUR MATES THEN YOU WOULD STILL HAVE 167 HOURS TO DO WHAT YOU WANT TO DO.  
**It could save a life?**

### KEEP THESE HANDY NUMBERS

- ADA Australia 1800 700 600
- 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

**Not fast food but a smile, a friendly chat and a meal**

[www.mowfc.org.au](http://www.mowfc.org.au)

*We'll bring in the mail, offer a hand or call help if it's needed.*

OPEN TO ALL – BREAKFAST, LUNCH & DINNER OPTIONS AVAILABLE.

**More than just a meal**

**BIG DISCOUNTS AVAILABLE TO HOME CARE PACKAGE CLIENTS**

**CALL OUR FRIENDLY TEAM TODAY**

39A Islander Road, Hervey Bay – **4128 1334**  
167 Churchill Street, Maryborough – **4121 4297**



**Meals on Wheels**  
Fraser Community

**URGENTLY REQUIRED**

**VOLUNTEERS TO ASSIST MEALS ON WHEELS**

**MORE INFORMATION PLEASE CONTACT:**

**MARIA – 4128 1334**

**OR EMAIL [manager@mowfc.org.au](mailto:manager@mowfc.org.au)**

**Lifeline** Saving Lives

Crisis Support. Suicide Prevention.

**13 11 14**

**THANK YOU** – Local businesses that support OMU. Without this support OMU would not be able to provide the level of support that we now do. This is a way that communities survive and prosper by all of us supporting each other.

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

**Bradnam's**  
windows & doors

**FAMILY OWNED**  
**ESTABLISHED LOCALLY IN 1977**

PHONE 4197 5777  
EMAIL [sales.pialba@bradnams.com.au](mailto:sales.pialba@bradnams.com.au)  
209-221 Maryborough-Hervey Bay Road, Urraween  
[bradnams.com.au](http://bradnams.com.au)

**Retro Espresso COFFEE CO**

**ESPRESSO BARS**

TIARO 38 MAYNE ST (07) 4193 9304  
MARYBOROUGH 87 GYMPIE RD, TINANA (07) 4122 2120  
HERVEY BAY 12/415 THE ESPLANADE, TORQUAY (07) 4125 5151

SHOP ONLINE AT [RETROCOFFEE.COM.AU](http://RETROCOFFEE.COM.AU)

The guys from Higgins Coatings have done it again. Donated paint to OMU so we can do some fund raising. Next time you are looking for paint don't forget to shop where they support our community. Thanks Brett and Jason.

**Brett Fulcher**  
Branch Manager



Higgins Coatings Pty Ltd  
9/102 Islander Road, Pialba QLD 4655

M 0428 986 317  
E [bfulcher@higgins.com.au](mailto:bfulcher@higgins.com.au)  
[www.higgins.com.au](http://www.higgins.com.au)

Want to read this Newsletter in brilliant colour? You can you know – receive it by email or go to our web site [www.omu.org.au](http://www.omu.org.au), if you want it emailed, 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](mailto:manager@omu.org.au)

Or phone: 4128 9011

## FIND A WORD

SOMETHING TO DO WITH OUR COAST – 30 WORDS

A 4 LETTER WORD IS IN THERE TWICE WHICH ONE IS IT?



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

30 WORDS – 1 WORD IS IN THERE TWICE?

|            |        |           |           |         |         |          |
|------------|--------|-----------|-----------|---------|---------|----------|
| BAY        | BEACH  | BOAT      | COASTLINE | CURRENT | EROSION | ESTUARY  |
| FERRY      | FISH   | HARBOUR   | HEADLAND  | INLET   | ISLAND  | JETTY    |
| LIGHTHOUSE | MARINA | PENINSULA | PIER      | POINT   | ROCK    | ROCKPOOL |
| SALT       | SAND   | SEAWEED   | SHORE     | TIDAL   | TIDE    | TRAWLER  |
| WHARF      | YATCH  |           |           |         |         |          |

OMU proudly and generously supported by the Queensland Government.

Funded by



Queensland Government

1-The woman was a  
photographer. She shot a  
picture of her husband,  
developed it, and hung it up to  
dry, 2-Pride, 3-A mailbox, 4-Your  
identity, 5-Time, 6-Death, 7-  
Sleep, 8-A preacher, 9 Tea bag