

OLDER MEN UNLIMITED HERVEY BAY



OMU LOCAL

INCORPORATING
MARYBOROUGH

FEBRUARY 2025



Patron: George Seymour (FCRC Mayor)

28th February 2025

MANAGEMENT COMMITTEE AND CONTACT NUMBERS

<u>Position</u>	<u>Name</u>	<u>Phone</u>	<u>Mobile</u>
President	Peter Scanlon		0431 613 942
Vice-President	Des Langford	4124 5887	0458 087 992
Secretary	Chris O'Brien		0490 188 571
Treasurer	John Lawrence	4128 3630	0483 188 545
Committee	Ray Delisen		0447 466 256
	Russell Pool		0499 504 597
	Andy Peverill		0432 882 825
Maryborough Convenor	Steve Froome		0467 952 087
Manager	David Hoodless	4128 9011	0438 129 153

Meetings: *Hervey Bay* 10.00 am on the 4th Friday of each month
Where: Seagulls Rugby League Ground, 187 Bideford Street, Torquay

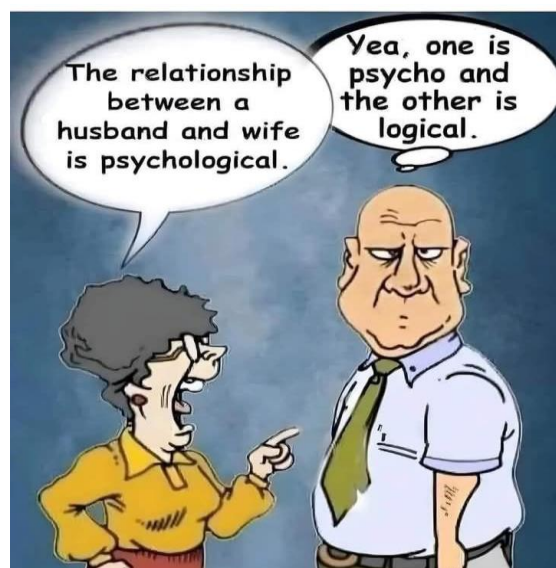
Meetings: *Maryborough* 10.00 am on the 1st Tuesday of each month
Where: Frank Lawrence Circuit, Maryborough Airport (last shed on the right)

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 CONVENERERS

ART and BUS TRIPS	IAN PAXTON	0437 247 816
CLUB ROOMS	CHRIS O'BRIEN	0490 188 571
MARYBOROUGH	STEVE FROOME	0467 952 087
OUTREACH	DAVID HOODLESS	4128 9011
RAFFLES	DAVID HOODLESS	4128 9011
SAUSAGE SIZZLES	DES LANGFORD	0458 087 992
SOCIAL ACTIVITIES	JOHN LAWRENCE	4128 3630
WALKING GROUP	PETER SCANLON	0431 613 942

REPORTS

PRESIDENT:

PETER SCANLON

Following the end of Covid Lockdown at Torbay Residential Complex OMU has been able to recommence Outreach Activities and I would like to particularly thank Russell Pool (and Charlie Pool) for the number of hours they put in and the pleasure that they bring to many of the lonely residents there. For the number of treats that Charlie attracts OMU may soon be footing Vet Bills having regard to the large audience that continues to grow each week. I would like to express my thanks to Ron Bailey who comes along with me and takes on some of the more difficult residents often managing to get them out of their rooms and will wheel chair them around the recreation areas of the site and return them back in better moods. To all who undertake OUTREACH I salute you and I remind members that this is the major object of our club and something that members, new and old, should seriously consider.

Following advice from Seagulls Rugby League Club regarding on site catering at their sporting functions, OMU will no longer continue to man (serve, prepare and clean-up before and after each function)

the canteen during scheduled games and activities. In lieu, Seagulls are interested to try food vans placed in various locations around the oval which would offer a variety of different food items. Whilst this will have some impact on OMU fund raising, it is the Seagulls call, and eliminates the need for OMU to find volunteers to work and serve at the various games and activities. I also do mention and commend Chris O'Brien for the time he spends in cleaning and preparing the kitchen before and after each function, and to Henry Jackson who gives untold hours in assisting with the catering overall.

Whilst it has been mentioned at our meetings, any member wishing to have a Medication Review, to arrange such you need to call 1800 951 285 or (support@ppaonline.com.au). This was brought to our attention by member Paul Johnson.

Member John Lawrence has advised that anyone requiring Deck or Screen Repairs might like to contact Josh Anderson (Burrum Deck Repairs & Screens on 0431 881 955. John had work done by him and thoroughly recommends Josh.

Our recent Guest Speaker Todd McGeechan from Whitecross First Aid gave us a great talk and demonstration on using a defibrillator machine and associated issues and we

are keen to have him back soon for further practical advice. Todd can be reached on 1300 816 730.

The club has purchased new banners (which you will see when purchasing raffle tickets at the Urangan Pier markets) highlighting our 20 years in operation and hopefully a suitable celebration will be arranged to honour that achievement.

Member Barry Chapman is presently staying at ESTIA (directly opp. St. Stephen's Hospital) He is in room 20 and looking forward to having some OMU visitors. Frank Bartosek is currently in Hervey Bay Hospital awaiting transfer locally for rehab, he is in CU Ward 3, bed 9. and would enjoy seeing any member who could visit.

A review of OMU club merchandise is to be undertaken and owing to increasing costs, a fresh scale of prices will be introduced. Members should be aware that many of these items are sold at half price or less and increased prices will be kept to the very minimum. The Committee is also looking at a clean-up of fridges and freezers currently on hand and considering possible lesser future use. It maybe that some of these items might be transferred to Maryborough if required.

I would like to advise members that the sum of \$2,000 has been donated to J and T Homeless Support Group on your Club's behalf with a further review to be undertaken in April, 2025. Members should note that currently we have been advised by the Community Social Workers that they are aware of some 2,000 homeless people in Hervey Bay at this time.

Fuel cards in the sum of \$500 have been supplied to a local family undergoing advanced cancer issues requiring constant travel to and from Bundaberg for treatments to help ease their financial burden.

Again, it is necessary to bring to members attention that there are about 8-10 members that are using the club facilities that are not financial members. If in any doubt, please check with our Manager David Hoodless as to your current financial status.

Our thanks to Frank and the wood workers at Maryborough for the fresh supply of items for sale at the Urangan Pier Markets. The items attract people to our stand, and helps spread knowledge of the club's activities. Well, Done fellas!

I urge members to consider the opportunity provided by master photographer John Abbott to form a camera club meeting possibly once or twice a month. For those members still having cameras, do not miss this great chance!

Please remember to Take Care, Stay Calm and Look After Each Other.

PETER SCANLON

MARYBOROUGH

Guest Speaker – Our guest speaker today was Peter (Bloo) Campbell who gave a very interesting insight into life working in Antarctica, a continent 2.5 times the size of Australia. He joined the Air Force when he left school and served there for 21 years before living and working in Darwin. He is a qualified mechanic and when the opportunity came up, he applied for and was successful in being selected for an expedition to the Antarctic, the first of 12 over the next 20 years. Bloo presented a very comprehensive slide experience of one of his expeditions which involved taking core samples from deep in the Antarctic ice for use to assist with providing information of climate changes over the last million years for future weather and climate predictions. When taken, these samples were preserved

in eskies to maintain their initial frozen state before being sent to research laboratories all around the world for analysis. Because of the isolation of the site where the samples were taken from, it took several days to get them to Hobart with an overall cost of about \$20,000 per sample total cost. Of local interest was the fact that the drill used to extract the core samples from deep in the ice was designed by Olds Engineering in Maryborough.

On this particular expedition, Bloo and his colleagues were working in a remote area of Antarctica called Mt. Brown South. They arrived by ship at Casey station from Hobart before flying to Davis station. From there they were flown to Mt. Brown South. All their stores were also flown in and Bloo and his 5 colleagues had to build a tent camp from scratch in temperatures of -15 degrees plus. They constructed a kitchen tent, then a couple of storage tents, one which housed a series of generators to provide electricity. They also had to construct a tent over the drill site and individual tents for their own accommodation. It was a regular task to keep the snow shovelled away from around the tents, and particularly the entrance. Working hours were at the mercy of the weather, but on good days up to 18 hours of work were possible. However, blizzards often cut 3 – 4 days out of the work time.

Bloo explained that his role as a mechanic was to keep all the machinery at the base working.

It also included keeping the airstrip smooth enough for a plane to land on using a quad bike and ice groomer. Apart from explaining in detail the goals of this particular expedition, Bloo provided members with a lot of other information about living in Antarctica for up to six months of the year from October to March.

Raffle: This week's raffle of 3 meat vouchers, courtesy of the generosity of the Meat at Westside butchery, was drawn. The drawing of the members draw was also made and the winner was not present so the draw will jackpot for next meeting. Congratulations to the raffle winners.

REPORTS

Outreach: The first Outreach visit for this year will be tomorrow, Wed. the 5th. Feb. to Yaralla. We have been informed by Yaralla that they now require volunteers to fill out their volunteer application form and a NDIS volunteer clearance card that is done online. It was decided that we would fill out the hard copy of their volunteer application form for tomorrow and make further inquiries about the NDIS clearance card when we visit there. The dates for visits to the other Nursing Homes are on the notice board. We have not been advised if any of them require forms to be filled out. Forms are available at the Activities Centre for members to obtain and fill out for tomorrow's visit.

Sausage Sizzles: - The next sausage sizzle will be held on Sat the 8th. Feb. followed by others on Sat. March the 8th. and Sat. 19th. April. We have also been asked to run a Sausage Sizzle on Thursday 17th April, the night before Good Friday for a Family Fun night that Bunnings are holding prior to Easter and it was decided that we accept this offer. Any members who can volunteer for next Sat. are asked to put their names on the list on the notice board.

Workshop: The next order of 20 bat boxes has been finished and is waiting to be picked up. The wood turners have been flat out and have \$120 worth of items for Admin. Officer David to take back to Hervey Bay for sale at next Saturday's Pier Markets. The shop selling our items in Hervey Bay has also deposited \$13.50 from their sales. The new cordless driver drill for the workshop has been purchased and is ready for use. Two items have been made on the lathe for the people at Kin Kin, who donated some Macadamia wood to the workshop last year as a token of our appreciation for their donation.

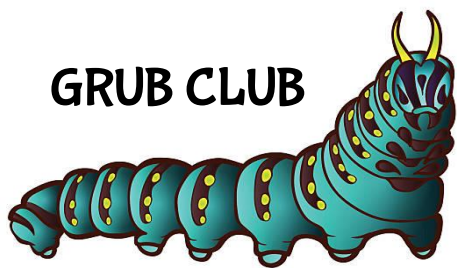
Fishing Group: The new Calypso boat in Hervey Bay is still being finished and the owners have advised Ian Goodall that they are not prepared to venture out on longer trips so Ian is considering other options now such as another trip out of Tin Can Bay on a larger vessel.

The first bus trip for the year was on Tuesday and 19 OMU members filled the bus for the monthly trip. We visited Wide Bay Seedlings near Tiaro. Adrian Ross the Manager explained how the seedlings were developed for marketing. Water melon is the main plant, also cucumbers, ginger, passionfruit, sugar cane, also macadamia nuts are grown on his property, Adrian employs 75 staff and the shift starts at 7.30 am to 4.00 pm. The water melon that you see in the supermarket would most likely start life in his nurseries. The nurseries, which there are several are massive, one would cost these days about one million dollars. There are fans that circulate the air, special hail proof roofing also special sheeting for blocking out the rain. Adrian started the business back in 2008. Tours have now ceased as a problem with a tomato virus could wipe out the entire business. Very strict conditions have been put into place to combat this problem. Lunch was at the Royal Hotel in Tiaro and we returned back to Maryborough 2.30 pm. A big thank you to OMU for treating the men to lunch

The walking group is still powering along, the numbers vary each week, new members are always welcome to join this merry band of troopers, breakfast goes down well, walking starts at 7.00 am, wraps up about 9.00. There are 4 different walks to choose from, they are listed on the OMU notice board.



GRUB CLUB



Date Line February 2025

Place: Somewhere in Hervey Bay.

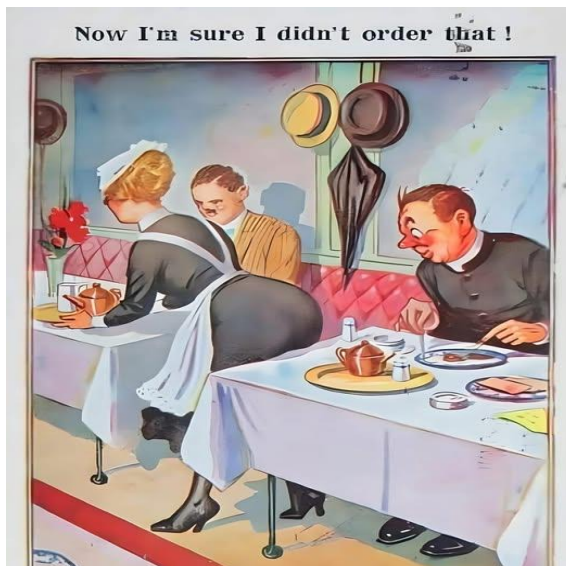
This is the latest report from yours truly. After some consideration and taking advice from various well-informed club members, the quality of venue has improved but it is still difficult to find the perfect spot.

Some eateries we have visited in the past seemed to have dropped the ball to some extent. But then we can all have a bad day e.g. Charlie Wondrock and his ticket selling ability. I have not had a sniff for a while. Not that I am complaining – much. The numbers of club members attending has increased – 15 at the Soccer Club which was great. This week was at Whale Bay Asia and the next at the Pub at Howard.

JBL

Thought for the month.

Before you criticise someone walk a mile in their shoes. Not only will you be a mile away but you will also have their shoes.



OUTREACH

What is outreach?

OMU Outreach is the activity of providing visitations to senior men on the Fraser Coast that might not otherwise have access to this service. A key component of outreach is that OMU is not stationary, but mobile; in other words, we involve meeting someone in need of an outreach service at the location where they are (home, aged care, or hospital). Compared with traditional service providers, outreach services are provided closer to where people may reside, efforts are voluntary, and have fewer, if any, enforceable obligations. In addition to delivering visitations, outreach has an educational role, raising the awareness of other services (Meals on Wheels, 60 and Better for example) Outreach is often meant to fill in the gap where families / friends live away and are not available to visit. OMU was originally created to assist these socially isolated senior men. Unfortunately, when COVID19 reared its ugly head OMU had to cancel this very important service that we provided. Now things are more settle and it is about time that OMU and its members got back on track and commenced the very valuable support to the community. As I said earlier the real reason why OMU was set up in the beginning. **PLEASE** talk to others who are doing this already and find out about what they are getting from this – I know you will be pleasantly surprised. All we ask is that you think about helping others because one day you may require a visit from a friendly face to enhance your life.

Please talk to David or email – manager@omu.org.au or Phone 0741 289001. THANK YOU

OUTREACH DAYS

LOOKING FOR MORE VOLUNTEERS TO HELP OUT WITH WHAT WE ARE ALL ABOUT – THANKS

KIRAMI	Last Friday in the month
MASTERS LODGE	1 st Tuesday in the month
OZCARE	3 rd Thursday in the month
PARKLANDS	1 st & 3 rd Monday of the month
TORBAY	Every Tuesday morning
ESTIA	1 st Friday in the month



WALKING GROUP



ALL WALKS COMMENCE AT 8.00 AM UNLESS OTHERWISE STATED – MARCH 2025

6 th March	Arkara Gardens (Meet Arkara Gardens Café Dundowran)
13 th March	Urangan Pier (Meet Boy statue Urangan Pier)
20 th March	Botanic Gardens (Meet Wellness Centre Botanic Gardens)
27 th March	Point Vernon (Meet at Brew & View Café Point Vernon)

A very keen group of 18 walkers arrived to undertake firstly a very nourishing buffet breakfast at the Ramada's Smokey Joe's Cafe, but I must point out that two of our group (and I might add the two slimmest!) declined breakfast and took only coffee instead, being of course Noel S. and Geoff H. who set off early on the Marina Walk, leaving the rest of us to indulge in the buffet smorgasbord. Frank B. and John H. elected to secure the tables and got stuck into the banter early.

It was pleasing to all to see David D. "Fritz" return to the group following his medical procedure at the Prince Charles Hospital, Brisbane and appearing to be well on the way to a full recovery. The Ramada team put on a great display but it was necessary to point out (nicely) that pan cakes were better served hot and thin rather than cold and thick (I knew PI I should have taken your advice!). Good to see our newer members Barry L, Gerry V, and Tony R. tuck in and mix it with the old hands, being Charles J., Mike A., Steve C, Bob McL and Alan S. Pat R. was taking it all in his stride, nourishing up to play for the Singles Grade B

title at Hervey Bay Bowling Club on the 14th Feb. taking with him our Best Wishes. Off then to the Marina Walk with a little breeze for accompaniment which helped greatly (particularly for those who had the pancakes!). Arriving at the Statue I could not help noticing that Tony R. looked very enviously at the King Prawns being unloaded from a trawler into the refrigerated van knowing that he was going home to prepare seafood for his visitors tonight. After a short breather it was time to return and retrace our steps to the Marina. PI managed to make it to the front after coming from last, before we hit the Marina gate...good effort PI! Our next walk is the Point Vernon Esplanade Walk, meeting on the 20/2/25 at the Brew and View Cafe, at 8am.

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PETER S.

NEW MEMBERS: JANUARY 2025

- | | |
|-------------------|--------------|
| Percy Ewins | Brian Taylor |
| Petrus van Lierop | Bob Egan |
| Tony Rojek | |

BIRTHDAY BOYS: FEBRUARY 2025

- | | | | |
|-----------------|---------------|---------------|-------------|
| Peter Catherall | John Lawrence | Any Peverill | Brian Ward |
| Graham Winton | Gibbo | Trevor Cronin | Ray DeLisen |
| Paul Shepherd | Haydn Miller | | |



MEN'S HEALTH

7 NUTRIENT SHORTFALLS FOR MEN & HOW TO ADDRESS

Consuming more nutrients can help improve many aspects of a man's overall health. For example, promoting muscle strength and gains, a healthy metabolism, healthy energy levels, restful sleep, and physical performance.

But when men do not get enough of certain nutrients, the opposite can occur. Coming up short consistently in particular nutrients is something men want to avoid.

So, what are the most common nutrient shortfalls for men?

While they are not that different from nutrient shortfalls for women, there are some differences for men. Let us examine these vitamin and mineral shortfalls for men, then how best to address them through certain foods and supplements. Making sure you get enough of these nutrients also can help lead to healthy longevity.

As always, you should consult your healthcare professional about any potential nutrient shortfalls and before beginning any new dietary or lifestyle regimen.

Why Are There Nutrient Shortfalls?

Vitamin and mineral shortfalls are not just a third-world problem but also occur in developed nations. Factors like economic status, your social and cultural environment, personal habits, age, level of activity and genetics can all play a role.

The daily diet is the most important factor. Today's high-speed lifestyles and excessive work time can challenge many folks to get enough nutrients in their daily life.

For example, ultra-processed foods now make up over 60 percent of the average Australian diet. These nutritionally bankrupt foods include unhealthy additives, emulsifiers, preservatives, and chemicals – while often being very low in key vitamins and minerals.

In fact, research indicates that men are more likely to have a shortfall in certain minerals or vitamins if they eat a mostly processed diet (including not preparing home cooked meals), are at a low economic status, and are mostly around family and friends who eat a poor diet.

Other factors like poor soil quality contribute to low nutrient levels among men. In fact, modern agriculture practices can harm soil health and reduce the nutrients available to plants.

Another factor is that many people eat out-of-season foods from faraway places and that contain fewer nutrients.

Here is a nutrient shortfall checklist:

- You rarely consume fresh vegetables and fruit.
- You are a vegan or vegetarian and do not eat eggs, dairy or meat.
- You rarely eat seafood.
- You do not take a multivitamin.
- You are over the age of 40.
- You have family members who have nutrient shortfalls.
- You have an allergy that means you avoid entire food groups, such as dairy.
- You are underweight.
- You are experiencing low economic status and cannot afford quality foods

To determine whether you have a nutrient shortfall, you can ask your healthcare professional about ordering a simple blood test.

Nutrient Shortfalls for Men

Remember, men can experience low vitamin or mineral levels without showing any noticeable signs. Therefore, one should not assume that because he feels mostly “normal” that his diet is sufficient in nutrients.

Here are the most common nutrient shortfalls for men and, as a result, some of the best supplements for men as well:

1. Vitamin D

Coming up short on vitamin D is one of the most common nutrient shortfalls for adult men.

Why vitamin D is important for men's health:

In general, men need vitamin D to produce enough testosterone, maintain strong bones, promote brain health, support a positive mindset, and for healthy immune system and cardiovascular support.

How much vitamin D do men need?

The recommended dietary allowance (RDA) for vitamin D is 15 mcg (600 IU) for men aged 19 to 70; 20 mcg (800 IU) for men over the age of 70.

How to address the shortfall:

Foods – There are not many food sources of vitamin D. Fish like mackerel, and sardines are the best sources of vitamin D. Fortified milk and almond milk as well as egg yolks also.

Supplement – Formulated with real food sources and optimised for absorption, Ancient Nutrients Vitamin D provides 125 mcg (5,000 IU) of organic, probiotic-fermented vitamin D. This is 625% Daily Value (DV).

Lifestyle – Spend 15-20 minutes outside most days of the week without sunscreen on.

2. Vitamin B12

Like women, men are often low in vitamin B12, though for different reasons. While most men usually get adequate amounts of vitamin B12 through foods like beef, chicken, and eggs, they can have difficulty absorbing the vitamin because of lifestyle choices. In addition, vitamin B12 is absent from nearly all plant foods, so vegans and vegetarians may come up short on this vitamin.

Why vitamin B12 is important for men's health:

Vitamin B12 is needed for healthy energy levels, helping to lower fatigue and for general cognitive support. B12 also plays an essential role in your health by producing haemoglobin, part of your red blood cells that helps the cells in your body receive life-giving oxygen.

How much vitamin B12 men need:

The recommended dietary allowance (RDA) for vitamin B12 is at least 2.4 mcg for men aged 19 and older.

How to address the shortfall:

Foods – If you eat animal foods, there are plenty of vitamin B12 foods, starting with beef liver but also sardines, grass-fed beef, lamb, wild-caught salmon, and eggs. A top vegan or vegetarian choice is nutritional yeast.

Supplement – For most, taking a multivitamin – such as 63 mcg or 2,520 IU (315% DV) of vitamin B12 in Ancient Multivitamin Men's and 40 mcg or 1,600 IU (200% DV) Ancient Multivitamin Men's 40+ – will easily cover your daily requirement. If you're a vegan or vegetarian, it's recommended to take a vegan B12 supplement (such as in the form of methyl cobalamin), which is usually made via bacterial fermentation.

3. Calcium

Calcium is the most abundant mineral in the human body, stored mostly in the bones and teeth. But as we age, our ability to absorb calcium decreases. Also eating foods with antinutrients like phytic acid and oxalic acid can inhibit absorption.

Meanwhile, today's soil contains less calcium and that means the calcium levels in foods are also declining. If you consume less dairy because of a lactose intolerance or dietary reason (such as being a vegan), you are also more likely to have a calcium shortfall.

Lastly, adequate vitamin D levels are needed for calcium absorption, so if you are short in vitamin D (see above), then you may also come up short in calcium, too.

Why calcium is important for men's health:

We require a relatively high amount of this mineral in comparison to many other trace minerals. Calcium is needed for healthy bone development, including to age 30. After that age, it remains important for bone strength and integrity as well as heart health, muscle function and normal hormone secretion.

In fact, studies indicate that if you do not get enough calcium, your body will actually extract it from your bones for your heart and muscles, for example. Proper calcium levels can also help support healthy blood pressure levels, an important factor of heart health.

How much calcium men need:

The recommended dietary allowance (RDA) for calcium is 1,000 mg for men aged 19 to 70 and 1,200 mg for men over the age of 70.

How to address the shortfall:

Foods – In reality, no single servings of any food except for sardines contain more than 30% DV of calcium. Nonetheless, dairy foods like kefir, milk, yogurt, and cheese are calcium-rich foods, but so are plant foods like leafy greens, tofu, and beans.

Supplement – Calcium does not appear in a significant amount in any multivitamin because it would make the multi size too large. Instead, to supplement, it's best to use a body-ready, food-sourced form of calcium made without dairy like Ancient Nutrients Calcium. It also features vitamin D3, which, in general, is a preferred form of vitamin D and acts as a supporting role in the body's absorption of calcium.

4. Iron

According to the World Health Organization, it is estimated that 30 percent or more of the world's total population might need an iron boost. Men who are vegetarian, donate blood often or need some digestive supports are more prone to an iron shortfall.

Why iron is important for men's health:

Iron helps oxygen move throughout the body via your haemoglobin. It is also important for male fertility. Not enough iron can mean less energy, pale skin, hair loss, headaches, brittle nails, and shortness of breath.

How much iron men need:

The recommended dietary allowance (RDA) for iron is 8 mg for men aged 19 and older.

How to address the shortfall:

Foods – The best iron-rich foods include meat, fish, beans, nuts, and certain vegetables. Specifically, the top foods include spinach, lentils, sardines, black beans, and pumpkin seeds. Dark chocolate and spirulina are also good sources.

Supplement – Ancient Nutrients Iron contains 18 mg (100% DV) of enzyme-activated iron and is formulated with real food sources. Most multivitamins contain a far smaller amount of iron.

5. Magnesium

Magnesium is an essential electrolyte mineral involved in over 300 different chemical processes. But most men (up to 60 percent) do not reach the recommended daily intake for magnesium, and it is particularly important for men as they get older, such as over the age of 70.

Levels of magnesium in the modern food supply are believed to have decreased over time due to soil depletion, which is one reason people might be getting less. When a man is occasionally under a lot of stress or works out often, he is also more likely to want to investigate boosting their magnesium intake.

Why magnesium is important for men's health:

Magnesium plays a part in regulating calcium, potassium, and sodium levels, thereby supporting healthy blood pressure, muscular health, digestive processes, bone health, a positive outlook and calmness, and many other processes.

How much magnesium men need:

The recommended dietary allowance (RDA) for magnesium is 400 mg for men aged 19 to 30 and 420 mg for men aged 31 and older.

How to address the shortfall:

Foods – The best magnesium-rich foods include leafy green veggies, cruciferous veggies, sea vegetables/algae, beans, nuts and seeds. Specifically, top sources in wheat bran, amaranth, cooked spinach, sunflower seeds, and black beans.

Supplement – Again formulated with real food sources and optimized for absorption, Ancient Nutrients Magnesium contains 300 mg (71% DV) in addition to 25 mcg of vitamin D. Only low levels of magnesium are typically included in multivitamins.

6. Omega-3 fish oils

Omega-3s are essential fatty acids (EFAs) that our body cannot produce, so they must come from food or supplements. Men are more likely than women to be lacking in omega-3s, typically supplied by the diet.

Most men eating a “Western diet” consume plenty of omega-6 fatty acids, which are found in many packaged foods and vegetable oils, but do not balance this out by eating enough omega-3 fatty acids, which are found in certain fish, eggs, nuts, and seeds.

Why omega-3s is important for men's health:

Omega-3 fatty acids provide support for a healthy cardiovascular system and for healthy cognitive function. Omega-3s can help maintain healthy blood pressure levels and healthy blood flow. They also support healthy levels of inflammation for promoting joint health.

How much of omega-3s men need:

The recommended dietary allowance (RDA) for omega-3s is 1.6 g for men aged 19 and older.

How to address the shortfall:

Foods – Seafood like salmon, mackerel, sardines, tuna as well as plant sources like flax seeds, chia seeds, hemp seeds, olive oil and walnuts.

Supplement – With omega 3s, 6s and 9s from both wild ocean and plant-based sources, Ancient Nutrition’s Omega-3s Whole Body contains 1.1 g of omega-3 fatty acids.

7. Potassium

Potassium is a mineral important for maintaining normal cardiovascular function, blood pressure, bone health and digestion. Men who exercise for more than one to two hours a day may be more susceptible to a potassium shortage.

Partly why both men and women may be deficient in potassium is an increased consumption of processed food, which is very low in potassium.

Why potassium is important for men’s health:

Potassium helps support overall heart health, including helping to promote healthy blood pressure levels. It also helps preserve bone density and works well for muscle function, including supporting overall performance. Potassium supports the kidneys and helps regulate fluid balance in the body.

How much potassium men need:

The recommended dietary allowance (RDA) for potassium is 1.6 g for men aged 19 and older.

How to address the shortfall:

Foods – Top potassium foods include beans, avocado, sweet potato, bananas, salmon, and grass-fed beef.

Supplement – Potassium is left out of many multivitamins, so you will need to get enough through your diet.

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
209-221 Maryborough-Hervey Bay Road, Urraween
bradnams.com.au

URGENTLY REQUIRED
VOLUNTEERS TO ASSIST MEALS ON WHEELS
MORE INFORMATION PLEASE CONTACT:
MARIA – 4128 1334
OR EMAIL manager@mowfc.org.au



ESPRESSO BARS

TIARO 30 MAYHE 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



Brett Fulcher
Branch Manager



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

M 0428 986 317
E bfulcher@higgins.com.au
www.higgins.com.au

ANACONDA

Phone: (07) 4336 7211
Supporting OMU

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

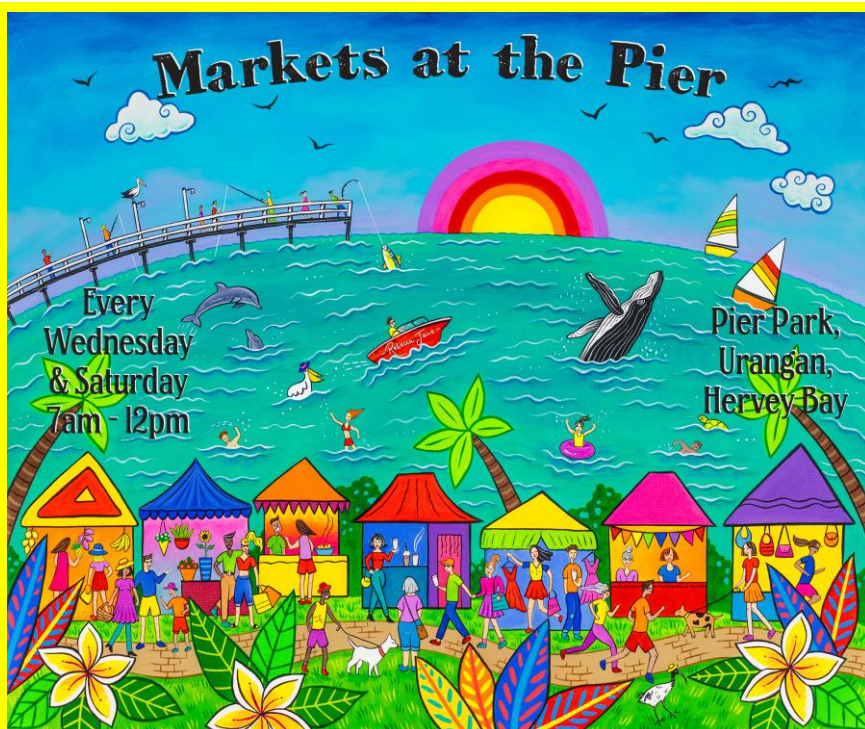
**IS IT TIME TO CALL A MATE?
DON'T FORGET YOUR MATES!
ARE THEY GOING, OKAY?
IT DOESN'T TAKE MUCH!**

**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?**

Not feeling like yourself lately? You are not alone.

It is something most people experience at some point. And there are simple things you can do that can help. Try this web site

<https://www.medicarementalhealth.gov.au/>



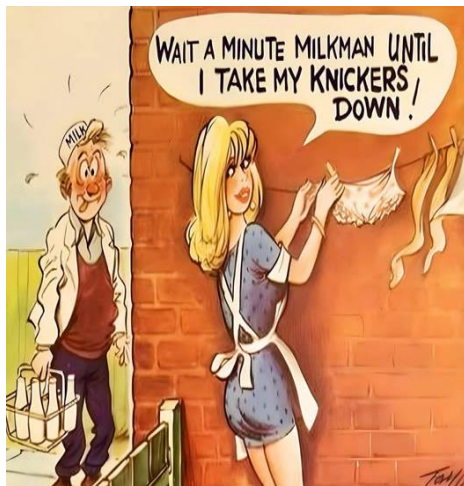
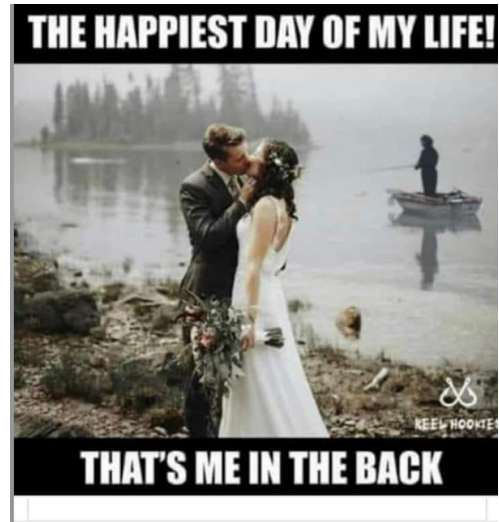
See **OMU** at the market;
Raffle every Saturday

Sausage Sizzle every 1st,
3rd, and 5th Saturday of
the month
See you there



**HOODY'S HERBS
MARKETS AT THE
PIER
EVERY 1ST, 3RD & 5TH
SATURDAY OF THE
MONTH**

"A thriving, quality market where local artisans, farm fresh produce, entrepreneurs, community-based groups and small businesses flourish.
Community, Culture, Connection

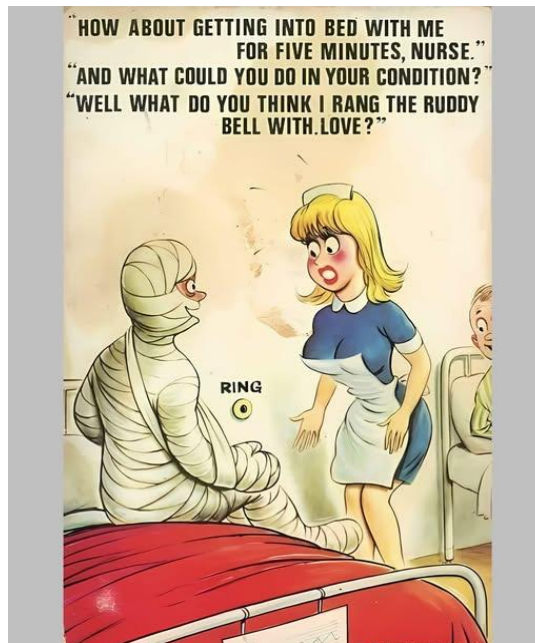


I'm confused how a cemetery can raise its funeral prices and blame it on the cost of living

I attended a wedding reception this weekend. When the DJ asked all the married men to stand by the person who makes their life worth living, the bartender nearly got crushed.



SUPPORT IN AGED CARE AND DISABILITY
NINI 0498 330 815
STEWART 0434 931 681
www.motioncaring.com
 EMAIL – motioncaring@gmail.com



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, 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

Or phone: 4128 9011



FIND A WORD

Words to find this time is 26 and all to do with **HEAT**



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

- ARSON
- ASHES
- BLACK
- BLAZING
- BRIGHT
- BUNSEN
- BURNER
- BURNING
- BUTANE
- CANDLE
- CHARCOAL
- CINDERS
- COMBUSTION
- EMBERS
- ENERGY
- GLOWING
- HEAT
- INFERNO
- INTENSE
- KINDLING
- MATCHES
- METHANE
- ORANGE
- SPARKS
- STICKS
- YELLOW

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