



OLDER MEN UNLIMITED HERVEY BAY

NEWSLETTER

INCORPORATING
MARYBOROUGH

March 2022

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

Patron: George Seymour (FCRC Mayor)

Next Meeting 28th March 2022

Guest Speaker: Lisa Watkins

MANAGEMENT COMMITTEE AND CONTACT NUMBERS

<u>Position</u>	<u>Name</u>	<u>Phone</u>	<u>Mobile</u>
President	Cyril Brown	4124 6285	0448 855 963
Vice President	John Lawrence	4128 3630	
Secretary	Chris O'Brien		0490 188 571
Acting Treasurer	Ian Paxton		0437 247 816
Committee	Glen Miller	4121 4724	0417 606 874
	George Fox	4325 3043	0417 663 471
	Denis Biddle		0414 507 932
Acting	Des Langford	4124 5887	0458 087 992
Administration	David Hoodless	4128 9011	0438 129 153

The Club Rooms are located at Seagulls Rugby League Ground (187 Bideford Street Torquay)

Office open – Monday – Tuesday – Friday (8.00 am – 4.00 pm)

Tuesdays 1.30 – 3.30 pm Afternoon Tea Noel Spethman – Phone 4194 5562

Wednesdays 8.00 – 11.00 am Art Classes – Ray Chesterfield – Phone 4194 7010

Thursdays: 8.00 start Walking Group at Enzo's Esplanade Scarness – See Joe Brakels Ph: 4128 9473

Fridays: 8.30 – 11.30 am Morning Tea, jokes and “used bull fodder” – Chris O'Brien Phone 0490 188 571



Due to Anzac Day being on Monday 25th April, we will be holding our April Member's Meeting on Tuesday 26th April



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	SIMON SWEETNAM	4194 1721
WALKING GROUP	JOE BRACKELS	4128 9473

REPORTS

PRESIDENT'S

Hello – As everyone knows this has been a slow month for OMU. Major flooding has been hard on our Maryborough members. Roads cut making travel a problem, and wind causing cancellations at the Pier Market. This has also impacted on our fundraising. This in itself has caused minor stress to our Manager David H. (We will try extra hard as Easter comes around David!).

On the bright side we now have a new Acting Treasurer Ian, he will remain this until our next AGM (October). He and David Hoodless are making a great team. Thank you, Ian for stepping up for the job.

As April is now less than a week away, please remember our club outing at the Black Stump – Point Vernon on Wednesday 20th. \$5.00 per person so get in the "good books" your lovely wives/partners out to lunch.

Don't forget that our April Meeting is on **TUESDAY 26th** as Monday is Anzac Day.

Have a happy and safe Easter

CYRIL BROWN

ART REPORT:

2 Mar 2022 10 Attendees our largest group for Art this year. Just remember if you want to give it a try come on down. Ray always welcomes everyone and there is always a welcoming morning tea.

Mick was working on Les Misérables themed painting.

Ray has been working on his dog painting but Ian had him helping with finishing his landscape which looks the land of the lost – Thanks Ray.

We have someone working on seascapes which are really impressive.

Noel been working on Australian bird themed paintings.

John was working on his footrot flats themed cartoons again.

9th Mar 2022 we had 8 attendees.

We have someone who has joined us that is adept with water colours well worth a look especially the birds and animals and the texture that he can create.

Ray has nearly finished he dog painting.

Ian has started the outline of his water under the sea motif I'm sure Ray will be called on for help which he gladly supplies.

See you next month.

Thought of the month is an Expert is merely a person who makes quick decisions and is sometimes right.

Or an Expert is a drip under pressure.

IAN

MARYBOROUGH

Maryborough OMU members enjoyed a bus trip to Bundaberg yesterday, morning tea at Childers, a stroll at the Bundy Park by the river, the Zoo was closed, then off to the Bundy R S L for a great lunch. Later, Glen drove us to Bundy Port, Burnett Heads, up the Hummock for a good view of the surrounding area. We went back via the Goodwood Road, to stop off for Mammino's ice cream, yummy!! There would have been 18 members on this trip a really great day, a big thanks to Glen, Frank, Peter and other members for their work to make this happen. The walking group is still going on strong, sometimes 8 members take part. Our 4 different walks have been altered, because of the 2 recent floods, but the group still enjoy the social aspect of this activity. Walkers walk at their own pace, the breakfast goes down well, to top off the morning.

Cheers, Richard.

Finally, we are working our way out of the Covid restrictions which have had so much influence on what we could and couldn't do, as a club.

Our monthly morning tea was well attended with a guest speaker from the Public Trustee.

Our first monthly bus trip for a while ended up being a "Mystery Tour" to Bundaberg with a visit to the Zoo, which was closed. We had a quick look at the river and went to the RSL for a nice lunch, followed by a tour to The Port, Burnett Heads, The Hummock and an ice-cream at Mammino's on the way home.

After the February committee meeting, Gerald and myself visited the Men's Shelter on Queen St to inform the staff of what OMU does and invite any men staying there to come to the clubhouse or participate in any of our activities, if they become interested. Not sure what the outcome will be, but we have made the invitation.

Sausage Sizzles at Bunnings are locked in for the next couple of months and hopefully, we will continue to do well from them.

The walking group is back to normal despite the floods and keen to have more people join.

The next bus trip should be to a macadamia farm down Gympie way, if it is dry enough.

GLEN MILLER



OUTREACH

At the moment the outreach visits are virtually nil. This is because of the different rules that the aged care facilities have in place at the moment because of COVID 19.

However, when it all gets back to "normal" we will be looking for some new blood as we appear to have forgotten the main reason we are here.

DAVID HOODLESS

CLUBROOMS – HELP WANTED

Last month we had 145 members attend the clubroom – great to see. Just on another matter The Secretary (Chris O'Brien) would love to hear from anyone who is willing to help out in the kitchen. Every bit of support you require to help out will be provided. If the support is not forthcoming then it will become difficult to provide the services to the same level while Col was attending to it. It would be great to obtain a few members to create a team and then the role can be shared. So, come on and put your hand up and help us to help everyone who attends. Thank you.



Old Chinese proverb "Many hands make light work"

WALKING GROUP



The walking group is still happening every Thursday morning using Enzo's at Scarness as the starting point. You walk at your pace – stop and rest when you want to – have a chat – enjoy the fellowship and perhaps have morning tea after to appreciate where we live.
Phone Joe 4128 9473 – JOE BRAKELS

DINING GROUP

Lunch Club - Chapter XXIV

At last, a bit of normality and a Zen like calm has descended on O.M.U. Lunch Group. The talk, I can't spell conversation, for the most part has been lucid almost bordering on the same something one does not see that often with this bunch of Loonies. Some of the ideas put forward at the last lunch were quite a revelation. I was shocked and stunned and more than a little amazed as these ideas actually had some small elements of rational thinking not often seen in this Group, but I suppose even a blind squirrel finds an acorn now and then. I should not criticize too much. I was once told by my football coach and I quote "Your lack of ability is only surpassed by your stupidity". There ended a brilliant career. So endith the first lesson. Our next outing on Wednesday 23rd is to the

Soccer Club in Tavistock Street at Boundary Street end. When you read this that will have been last Wednesday. But here is the list for the next few weeks.

30th March - Chit Chat Café

6th April - Kondari Urangan

13th April - Thai Smile Scarness

27th April - Torquay Hotel

4th May - Sea Breeze Scarness



Please note. Wednesday 20th April we will be at the Black Stump Park, Pt Vernon for a family fun day. Only one activity is planned. It is the 47.5 metres-dash watching some of the Oldies when incontinence kicks in. Simon Sweetnam holds the record at the moment but the title is up for grabs. Best of luck on the day as Simon has indicated he will not be defending his title. He is in training at the moment as he has been drafted into the Manly Sea Eagles. He will be playing on the wing. He's not as fast as he once was when he played for the "Bathurst Budgies" but once he gets those legs moving, he's hard to stop. **Footnote:** Now the Broncos have won a couple Charlie "The Wondering Doc" has had his contract torn up, wise move "Kevie".

See you next month

SIGNED: JBL

HAVE A LAUGH

This comes from 2 math teachers with a combined total of 70 yrs. experience.

It has an indisputable mathematical logic and sum how adds up!

This is a strictly a mathematical viewpoint... and it goes like this:

What Makes **100%?**

What does it mean to give **MORE** than **100%**?

Ever wonder about those people who say they are giving more than **100%**? We have all been to those meetings where someone wants you to give over **100%**.

How about achieving **103%**?

What makes up **100%** in life?

Here's a little mathematical formula that might help you answer these questions:

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

Is represented as:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26.

THEN:

H-A-R-D-W-O-R-K

$8+1+18+4+23+15+18+11 = 98\%$

AND

K-N-O-W-L-E-D-G-E

11+14+15+23+12+5+4+7+5 = 96%

BUT,

A-T-T-I-T-U-D-E

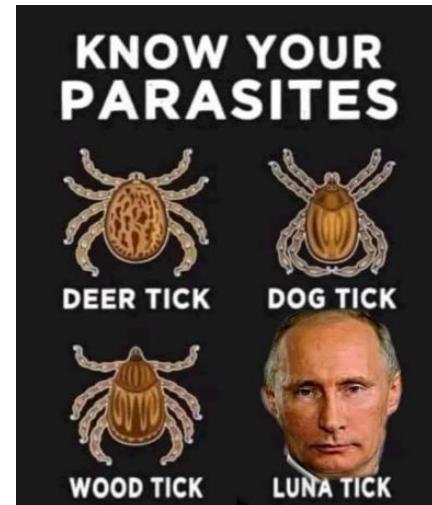
1+20+20+9+20+21+4+5 = 100%

AND,

B-U-L-L-S-H-I-T

2+21+12+12+19+8+9+20 = 103%

AND, look how far **ASS-KISSING** will take you.



A-S-S-K-I-S-S-I-N-G

1+19+19+11+9+19+19+9+14+7 = 118%

So, one can conclude with mathematical certainty, that while **HARD WORK** and **KNOWLEDGE** will get you close, and **ATTITUDE** will get you there, it's the **BULLSHIT** and **ASS-KISSING** That will put you over the top

Now you know why most politicians are where they are!

HAVE YOU EVER SEEN A BETTER EXPLANATION THAN THIS FORMULA?

BUY, SELL OR GIVE AWAY

Anything you want to sell? Sell it here for free – all you have to do is talk, phone or email David. It is as easy as that.

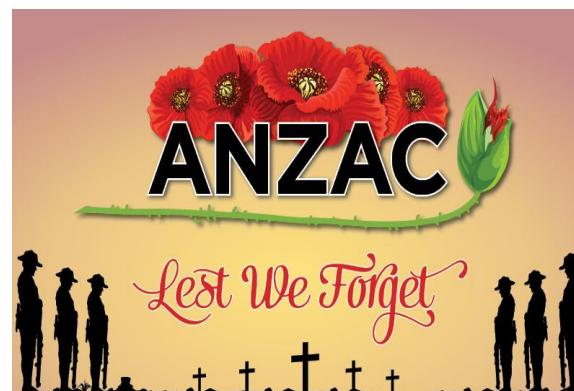


BIRTHDAY BOYS – MARCH

Colin Bond	John Flanigan	Robert Combe
Peter Reeders	Glenn Coughran	Simon Sweetnam
Peter Hill	Rex Kreig	Noel Spethman
Denis Biddle		

ANZAC DAY Monday 25th April

All members are cordially invited to attend Freedom Park in Main Street, Pialba to pay respects to those who have served their country. If you intend to be in attendance, please speak with the Secretary (Chris O'Brien). Your participation in this event is sincerely appreciated by the Management Committee – thank you



NEW MEMBERS – MARCH

Bruce Wimpenny



If you have information that you would like included in our monthly newsletter, please pass it on to David (in the office) manager@omu.org.au or phone 4128 9011. If you know of someone including yourself who would love to help out with this publication? Please contact David. Your assistance would be greatly appreciated.



"Male, 38, still living with his parents. They asked us to keep him overnight, so they could change the locks."

-
-
-
-
- Did you know an octopus pupil is rectangular?
- Did you know the hyoid bone in your throat is the only bone in your body not attached to any other?
- Did you know the Australian aircraft carrier QANTAS stands for Queensland and Northern Territories Aerial Service?



- Did you know the movie Pulp Fiction cost \$8 million to make with \$5 million going towards actor's salaries?
- Did you know there are only 4 words in the English language which end in 'dous' (they are: hazardous, horrendous, stupendous and tremendous)?
- Did you know the oldest word in the English language is 'town'?
- Did you know cats can't move their jaw sideways?
- Did you know grapes explode when you put them in the microwave?
- Did you know its physically impossible for pigs to look up at the sky?
- Did you know your most sensitive finger is your index finger (closest to your thumb)?
- Did you know 'Bookkeeper' and 'bookkeeping' are the only 2 words in the English language with three consecutive double letters?



A motorcycle police officer stops a driver for shooting through a red light. The driver is a real jerk, steps out of his car and comes striding toward the officer, demanding to know why he is being harassed by the Gestapo !

So, the officer calmly tells him of the red-light violation. The motorist instantly goes on a tirade, questioning the officer's ancestry, sexual orientation, etc., in rather explicit offensive terms. The tirade goes on and on without the officer saying anything.

When the officer finishes writing the ticket, he puts an "AH" in the lower right corner of the narrative portion of the ticket. He then hands it to the 'violator' for his signature. The guy signs the ticket angrily, and when presented with his copy points to the "AH" and demands to know what it stands for.

The officer says, "That's so when we go to court, I'll remember that you're an asshole !"

Two months later they're in court. The ' violator' has a bad driving record with a high number of points and is in danger of losing his license, so he hired a lawyer to represent him. On the stand the officer testifies to seeing the man run through the red light.

Under cross examination the defence attorney asks; "Officer is this a reasonable facsimile of the ticket that you issued to my client?"

Officer responds," Yes, sir, that is the defendant's copy, his signature and mine, same number at the top."

Lawyer: "Officer, is there any particular marking or notation on this ticket you don't normally make?"

"Yes, sir, in the lower right corner of the narrative there is an "AH, "underlined."

"What does the "AH" stand for, officer?"

"Aggressive and hostile, Sir."

"Aggressive and hostile ?"

"Yes, Sir."

"Officer, are you sure it doesn't stand for asshole?"

Well, Sir, you know your client better than I do.

How often can one get an attorney to convict his own client ?

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

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.

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



NEXT MORNING TEA MEETING

(TUESDAY) 26TH APRIL 2022 – SEAGULLS FOOTBALL CLUB

187 BIDEFORD STREET

10.00 AM

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.



TORQUAY HOTEL HERVEY BAY

Darren Carter
General Manager
421 Esplanade
Torquay Qld 4655
P: 07 4125 2266
F: 07 4128 9376
M: 0417 797 686
darren@torquayhotelherveybay.com.au

Retro Espresso COFFEE CO
Premium Coffee Merchant
ESPRESSO BARS
• TAIRO 36 Mayne St (07) 4193 9304
• MARYBOROUGH 87 Gympie Rd Tinana
• HERVEY BAY 351 Charlton Esplanade
Vincent C. Rovere Business Owner 0412 583 564
ONLINE STORE retrocoffee.com.au


Fraser Coast FRESH PRODUCE

97 Main Street, Pialba (07) 4194 1566

GREG'S GARDENING
Lawn Mowing and Gardening Service.
PH: 0424 571 551
ABN: 41 984 779 536




ROCK BOTTOM TYRES & MECHANICAL
3/79 Old Maryborough Road
Pialba 4655
4124 3033 Email: rbt2020@outlook.com
• Log Book Services
• Mechanical
• Brake's
• Suspension
• Wheel Alignments

Café Balaena LICENSED
Open 6am Daily Ph: 4125 4799
email: cafebalaena@bigpond.com OVER
Expresso Coffee Breakfast Lunch Morning & Afternoon Snacks Open Mon to Sat. nights for meals

APOLOGY:

It has come to my attention (3rd hand) that some of the cartoons in the Newsletters have offended a member's wife. To that I say sorry. If I have offended anyone else, please let me know. Thank you.



Want to read this Newsletter in brilliant colour? You can you know – receive it by email or go to our new 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".

HEART ATTACK????

1. Let's say it's 7:25pm and you're going home (alone of course) after an unusually hard day on the job.
2. You're really tired, upset and frustrated.
3. Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up in to your jaw. You are only about five km from the hospital nearest your home.
4. Unfortunately, you don't know if you'll be able to make it that far.
5. You have been trained in CPR, but the guy that taught the course did not tell you how to perform it on yourself.

6. HOW TO SURVIVE A HEART ATTACK WHEN ALONE?

Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

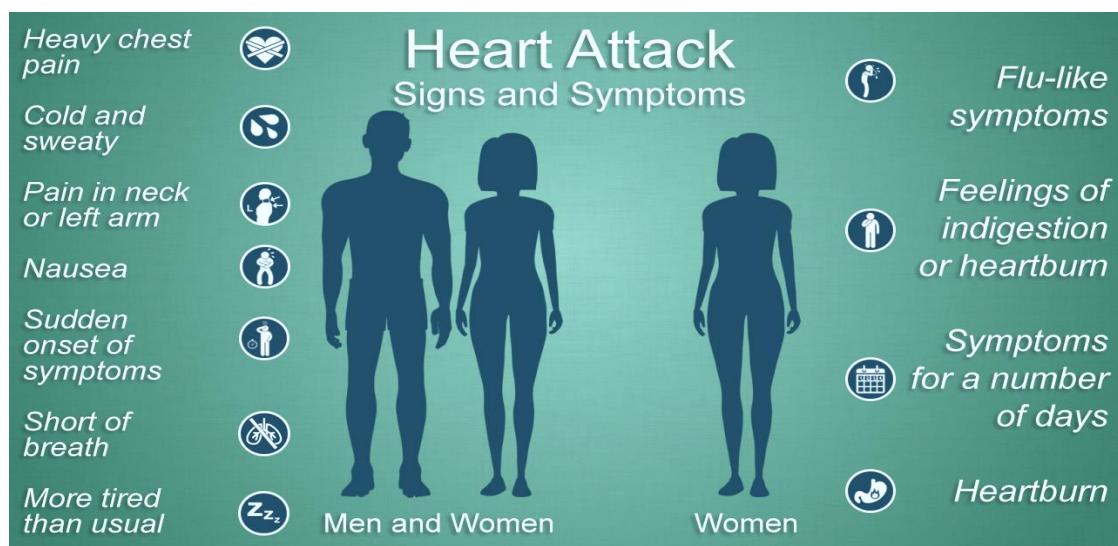
7. However, these victims can help themselves by coughing repeatedly and very vigorously.

A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

8. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it to regain a normal rhythm.

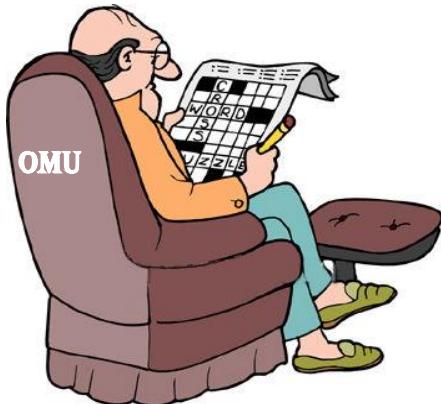
In this way, heart attack victims can get help or to a hospital.

9. Tell as many other people as possible about this. It could save their lives!



Take a deep breath and relax for a couple of minutes.

See how you go this time – 28 words to find.



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

There are 25 words to find this time –

COAST

CORAL

FISHING

BEACH

BIDEFORD

BOATING

MARINA

MEN

OLDER

FRASER

HARBOUR

KGARI

REEF

SCARNESS

SEAGULLS

OUTREACH

PIALBA

RAFFLES

URANGAN

VOLUNTEER

WATCHING

TORQUAY

TROUT

UNLIMITED

WOODY

WARM

WHALE

WHITING

OMU proudly and generously supported by the Queensland Government.

Funded by

