

OLDER MEN UNLIMITED HERVEY BAY



OMU LOCAL

INCORPORATING
MARYBOROUGH

MARCH 2024

Patron: George Seymour (FCRC Mayor)



Members Morning Tea 25th March 2024 TABLE TOPICS

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

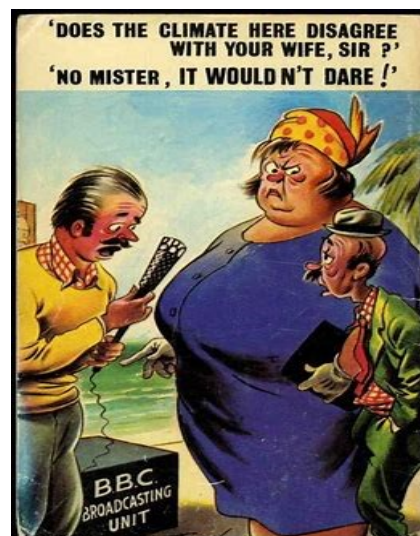
Meetings: *Maryborough* 10.00 am on the 1st Tuesday of each month
Where: Frank Lawrence Circuit, Maryborough Airport (last shed on the right)

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



OMU GROUP CONVENERERS

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:

At last, we have some relief from the hot, humid days now that we are in a beautiful Queensland Autumn. After the long, wet summer, those of us that are lucky enough to have gardens, may be able to get the weeds under control. A severe flu outbreak is predicted this winter, so perhaps it's time to consider our annual flu shot!

This month will be the last of our Monday Monthly Morning Tea meetings. In future the monthly morning tea/meeting will be on the 4th Friday of the month. This has come about as the Monday numbers were declining while the Friday morning teas have been well attended. Feedback from members overwhelmingly supported moving the monthly meeting to the previous Friday.

Some good news! After six years of having his hip replacement operation postponed, rescheduled, and waiting time after time, our mate Gerry Schrama has had the procedure carried out. All went well and we hope to see Gerry back at the Club in the very near future.

Our hard-working, much-loved Vice President, Des Langford, and his lovely wife Robyn are back from their holiday cruise to NZ. Unfortunately, a bout of the flu and a fall by Robyn took the edge off their trip. We wish Robyn a speedy recovery.

Next month will be our BBQ in the Park. Stay tuned for further details.

Stay safe and remember to consider your annual Influenza Vaccination!

ROD PAROZ

MARYBOROUGH

CONVENOR'S MESSAGE: Unfortunately, our convenor Peter has been quite unwell over the last couple of weeks and has spent over a week in hospital, which culminated in him having a gall bladder operation. He is now on the road to recovery so we wish him well and look forward to having him back leading us in the near future.

The highlight of the last month was the lunch in Anzac Park on the 13th February, where around 30 members and their partners attended and were entertained by the local Ukelele group headed by Convenor Peter. Many thanks to Claus Hengst, in particular, as

well as Peter Cooper and Steve Froome for the effort they put into organising and cooking for the day.

ACTIVITY CELL REPORTS

OUTREACH: – Outreach visits started again in February with all Nursing Homes but Signature and Chelsea being visited. Dates for March visits have been placed on the notice board. The date for the Chelsea visits this year has been changed from 2:00 on the last Monday of the month to the fourth Tuesday of the month at 10:00.

WORKSHOP/ACTIVITIES – During January, 120 members attended the Activities Centre during the 12 days it was open. The workshop contributed \$327.60 to the finances along with sales of items worth \$70.60. The last order of bat boxes has been finished and a computer tray and tray for the Aero Club are currently being made. There has been some very positive feedback from the owner of the shop in Hervey Bay who is selling some bowls etc. made in the workshop so well-done Keith. Some photos of animal and bird boxes have been sent to the Fraser Coast Wildlife Conservation group because they are interested in having the workshop make some for them if their members are interested. Because it will be the 10th. anniversary of OMU moving into the Maryborough Dive Club's premises this month, there will be a celebration to commemorate the occasion at the April morning tea.

For further information – contact Frank Grant – 0490478193.

FUND RAISING – Sausage Sizzles: The Bunnings sausage sizzle held on Saturday on the 3rd. February raised \$638.75 less \$184.00 expenses so many thanks to the members who on attended those days. There was a sausage sizzle held on Saturday 2nd. March 2024, but the financial results are available as yet. Steve Froome has arranged a volunteer's roster for the and Saturday sizzle on the 30th. March, which is on the notice board. Please let Steve know as soon as possible if you can't make it if you are on the roster. Bunnings has also advised that they don't want us to start sausage sizzles until 8:00 am from now on.

FISHING GROUP: Ian Goodall confirmed that plans are still afoot to hold a trip from Burnett Heads out to the Southern Great Barrier Reef later in the year and he will be having discussions with interested members over the next couple of months.

WALKING GROUP: The walking group is still strutting out each Wednesday morning with members all enjoying each other's company. There are 4 different walks each month, starting at 7:00 am with the social morning wrapping up at about 9:00 am. after a hearty breakfast. Members walk at their own pace and breakfast always goes down well afterwards. As usual, new members are always welcome and those who wish not to walk or are unable to, can join the walkers for breakfast. Last Tuesday, a fun day was held in Anzac Park with several OMU members bringing their wives to enjoy a feast prepared by Claus over the 2 previous days. Music was organised by the ukulele group; a gazebo was set up and song sheets were provided for those who wished to sing along. Peter, our convener sang some songs, as did his wife. I can tell you nobody went home hungry. Claus, hopes to repeat this lovely event again sometime this year.

BUS TRIP: Maryborough members went to Rainbow Beach, first up, morning tea at Big Tuan, then off to Inskip Point, then a look at Bullock Creek, then lunch at Rainbow Surf Live Saving Club for a great meal – thanks OMU for treating us to this.

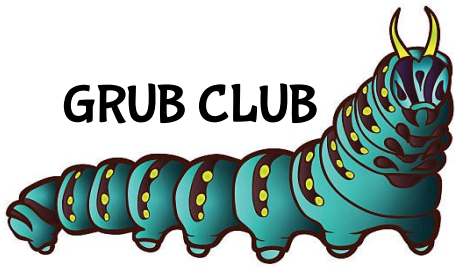
On the way home Peter, our driver took us through Cooloola Cove, there was some rain on the way home. The bus arrived back to Maryborough around 3.15 pm, 14 members enjoyed the day thanks to Peter our Driver and OMU.



VALE – MAURIE TENCH (Maryborough)

It was with a great deal of sadness that we learnt of the passing of one of our stalwart members, Maurie Tench last Tuesday the 12th. March after a short illness. Maurie joined OMU in October 2017 and has been an active participant in the group's activities since then and especially as a regular volunteer at the Bunnings sausage sizzles. He will certainly be very difficult to replace. Maurie lived a life dedicated to his family and community. He was originally a dairy farmer near Nikenbah and then moved from dairying into pineapple growing. Not only was he dedicated to his work on the land, but he was also the manager of the Nikenbah Farmers co-op for many years. Maurie's community activities were many, with the highlight being his work with the Lions International Organisation. He was a life member of that organisation and had served it in many roles, not the least as President of his local club, but also as the local District Governor, which covered a large area of the Wide Bay and Burnett. Maurie was a dedicated family man and those who know his family are aware of the grief and challenges they have faced in recent years. Despite that, Maurie continued to be an inspiration to those around him. He enjoyed camping and fishing and his involvement with Lions was the catalyst for overseas travel as well. Our most sincere commiserations go to his wife and family and we are grateful that they have supported him in his role with us. Our thoughts and prayers are with them.

GRUB CLUB



Last month, due to insanity, senility or stupidity or a combination of all 3, I, John Bernard Lawrence, failed to submit a piece for our monthly newsletter. So, shoot me. So, this month I have made sure that this has not occurred again. My only problem is most of the time it is a little bit boring, men, please, there is more in life than Fish and Chips. Be adventurous, go wild and look at the whole menu. I'm not trying to be critical - well just a bit. Give me something to write about. The "Busies" venture forth in a dodgy old bus, taking their lives in their hands, not knowing what fate holds for them, a flat tyre, no air con, engine failure or 3 hours stuck in a pub in Biggenden with Flannigan, The Irish warbler, and 10 pints of Guinness. What do we - Grub Clubbers - have to look forward to - good meals, polite conversation and unless Charlie "The Doc" spills a glass of red wine nothing happens. Oh well, maybe I can look forward to some food poisoning or a big dose of the three penny bits - Note the rhyming slang - to brighten up the report. We have tried some new venues and re visited some old ones. So, all is well in "Food Wonderland".

Check each Friday for next week's venue.

JBL



Some Quickies:

What do you get when you cross LSD with birth control? A trip without the kids.

What has 4 legs and 1 arm? A happy pit bull

Why did the cannibal live on his own? He had his fill of other people

Come play with us!

Why play croquet? The strategy and tactics are said to be akin to those in billiards and even chess. It gives the grey matter a bit of a workout. You don't have to be an athlete however there are some physical benefits in that you're walking around and swinging your arms

PLUS, you can still take that cruise or visit the relatives when you want because there are no set teams or ongoing competitions. You simply rock up on the day and you're given a game for that day.

AND "It's Fun"

Give us a call and we'll show you around and give you a bit of a go so you can see if it appeals to you.

**Hervey Bay Croquet & Mallet Club 17 Totness Street
PH: 0494 060 742 or 4124 4257 Torquay**

THE BUS TRIP:

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



Neighbour: What are you up to Ken?

Ken: My goldfish just died and I have just buried him.

Neighbour: That's an awfully big hole for a goldfish, isn't it?

Ken: That's because he's in your f#c\$*ng cat.



A man is suffering from premature ejaculation so he goes to his doctor. 'Can you do anything to help me doc?' he asks.

'No, but I can give you the address of a woman who has a short attention span'.

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.

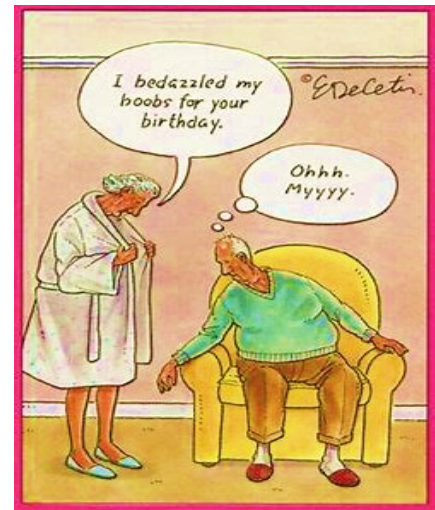
NEW MEMBERS: FEBRUARY / MARCH 2024

Rex van Heythuysen

A little girl is doing a report on her family tree. "Mummy, how did I get here?" she asks. Her mother replies, "God sent you sweetie." "And did God send you too Mummy?" "Yes, darling, he did". "And daddy, grandma, grandpa and their mums and dads?" "Yes honey, all of them, too". The child shakes her head in disbelief. "Then you're telling me there's been no sex in this family for 200 years? No wonder everyone is grumpy".

BIRTHDAY BOYS: FEBRUARY / MARCH 2024

Mike Ahearn	Joe Ashford	Denis Biddle
Tony Brown	Robert Combey	Glen Coughran
Howie Duke	Maurice Ellis	Flanagan
Rex Kreig	Mick Protheroe	Phil Shaw
Noel Spethman		



MEN'S HEALTH

What is brain cancer?

Brain cancers include primary brain tumours, which start in the brain and almost never spread to other parts of the body, and secondary tumours (or metastases), which are caused by cancers that began in another part of the body.

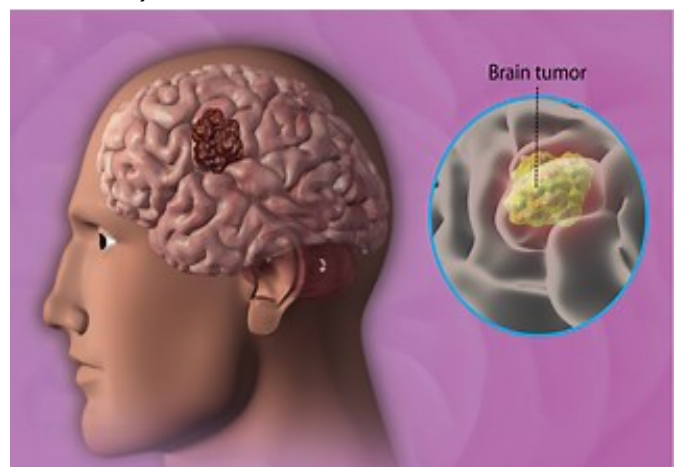
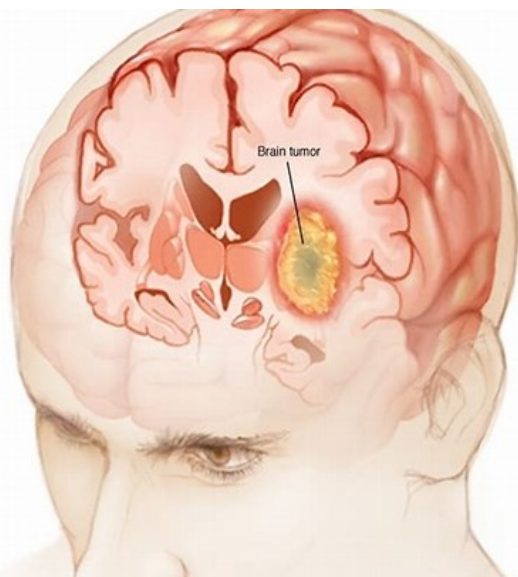
There are more than 40 major types of brain tumours, which are grouped into two main types:

- **benign** - slow-growing and unlikely to spread. Common types are meningiomas, neuromas, pituitary tumours and craniopharyngiomas.
- **malignant** - cancerous and able to spread into other parts of the brain or spinal cord. Common types include astrocytomas, oligodendrogliomas, glioblastomas and mixed gliomas.

It is estimated that more than 1,900 people were diagnosed with brain cancer in 2023. The average age at diagnosis is 59 years old.

A mass of abnormal cells in the brain. This causes frequent and severe headaches, nausea, vision problems, gradual loss of sensation, hearing problems, and seizures.

- Urgent medical attention is usually recommended by healthcare providers
- Can be dangerous or life threatening if untreated
- Rare (Fewer than 10,000 cases per year in Australia)
- Treatable by a medical professional
- Often requires lab test or imaging
- Can last several months or years
- Family history may increase likelihood



Causes

Exact cause is not known but few of the possible causes are:

Genetic mutations leading to uncontrolled multiplication of cells in the brain which results in a tumour mass cancer in other parts of the body

The risk factors include:

- Family history
- Age – elderly people are at high risk of developing tumours
- Exposure to chemicals and radiations

Your medical provider may recommend one or more of these tests.

Diagnosis involves physical examination, certain tests and procedures.

Common tests & procedures

Neurological examination: This test includes checking vision, hearing, balance coordination, strength and reflexes.

Magnetic resonance imaging (MRI): MRI of the brain provides detailed image of the brain so as to check the presence of tumour.

Positron emission tomography (PET): A radioactive drug is used to reveal the functioning of brain.

Electroencephalogram (EEG): Test is done to examine brain's electrical impulses.

CT scan: Done to check cancer in other parts of the body.

Biopsy: A small piece of tissue is excised and analysed

Your treatment plan may include one or more of these options.

Treatment depends on the size, and location of the tumour; surgery, radiation therapy and/or chemotherapy may be recommended.

Medication

Chemotherapy: Kills the cancer-causing cells.

Temozolomide

Targeted drug therapy: This mode of treatment targets a particular cell type rather than generally attacking all rapidly growing cells.

Bevacizumab . Everolimus

Procedures

Craniotomy: Tumour is surgically separated from the surrounding tissues and removed

Therapy

Radiation therapy: Uses high energy beams to cure cells. Radiation of the entire brain is preferred when it is spread.

Nutrition

Foods to eat:

- Starchy carbohydrates like cereals, bread, pasta, potatoes and rice
- Food rich in protein like fish, eggs, dairy products, nuts and pulses

- Foods rich in fat like milk cheese and butter
- Food rich in antioxidants like citrus fruits papaya and kiwi
- Foods to avoid:
- Red meat
- Preserved meat
- Processed Foods



After treatment

After your primary treatment is completed, your doctor should provide you with a treatment summary that details the care you received, including:

- diagnostic tests performed and their results
- types of treatment used and when they were performed
- treatment plans from other health professionals
- support services provided to you. The majority of patients will be discharged into the community and generally need to see a specialist for regular follow-up appointments. You and your GP should receive a follow-up care plan that tells you about:
 - the type of ongoing care that is best for you
 - care plans for managing any side effects of treatment, should they occur
 - how to get specialist medical help quickly if required. If you need extra help after treatment, your GP or specialist can discuss your needs with you and refer you to appropriate health professionals and/or community organisations

Living with cancer Side effects:

Some people experience side effects that continue beyond the end of treatment. Side effects sometimes might not begin until months after treatment has finished. For more information about side effects ask your doctor or visit www.cancervic.org.au/about-cancer/survivors/long-term-side-effects Advance care plan: Your doctor may discuss with you the option of developing an advance care plan. An advance care plan is a formal way of setting out your wishes for future medical care. For more information about advance care planning ask your doctor or visit www.advancecareplanning.org.au

Palliative care: This type of treatment will be used at different stages to reduce your symptoms or to help improve your quality of life. For more information about palliative care ask your doctor or visit www.palliativecare.org.au

Questions of cost:

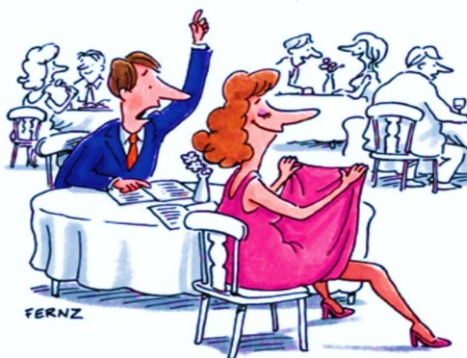
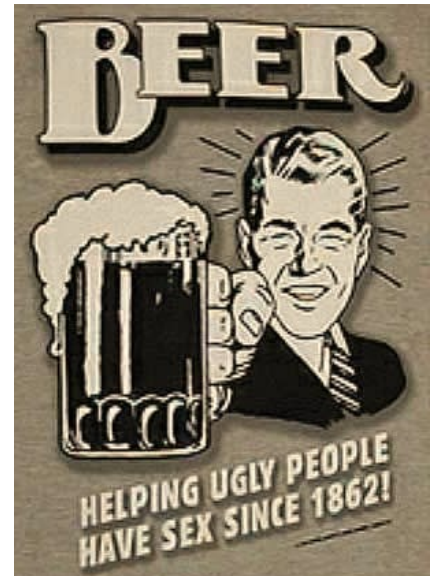
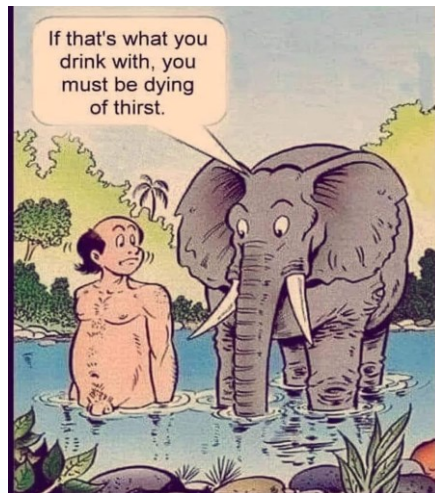
There can be cost implications at each stage of the cancer care pathway, including costs of treatment, accommodation and travel. There can be substantial out-of-pocket costs if you are having treatment in a private health service, even if you have private health insurance. You can discuss these costs with your doctor and/or private health insurer for each type of treatment you may have. If you are experiencing financial difficulties due to your cancer treatment you can contact the social worker at your local hospital. For more information about cost of treatment visit www.canceraustralia.gov.au/affected-cancer/living-cancer/dealing-practical-aspects-cancer/costs-treatment

For more information about accommodation and travel costs visit www.cancercouncil.com.au/get-support/practical-support-services

LIONS SEX

Two old men are drinking in a bar. One says, "Did you know that Lions have sex 10 to 15 times a day?"

"Aww, darn!" says his friend, "and I just joined Rotary!"



"For crying out loud Barbara! Will you just leave it to me to get the waiter's attention!"



Can you pick the 2 mistakes here?



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MORE INFORMATION PLEASE CONTACT:

MARIA – 4128 1334

OR EMAIL manager@mowfc.org.au

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?

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.



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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.



ESPRESSO BARS

TIARO 38 MAYNE ST (07) 4193 9304

MARYBOROUGH 87 GYMPIE RD, TIVANA (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

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

SOMETHING TO DO WITH OUR POLES – 24 WORDS



I	C	E	R	H	R	F	J	O	R	D	A	A	L	E
C	B	L	E	I	E	L	A	H	W	Z	Z	P	A	X
E	X	P	E	L	I	B	E	R	S	N	A	O	W	P
O	E	I	D	E	C	B	L	I	Z	C	C	E	L	A
C	S	C	N	A	A	R	P	O	E	L	A	R	B	N
E	A	N	I	D	L	E	I	C	E	F	L	O	W	S
L	B	I	E	A	G	D	I	C	E	B	E	R	G	E
O	T	U	R	N	O	R	T	D	C	P	O	D	E	L
P	T	G	D	A	I	C	E	R	C	I	E	C	N	O
H	O	N	E	C	A	N	T	A	R	C	T	I	C	P
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O	W	A	L	R	U	S	C	I	D	F	I	E	A	U
N	L	A	R	D	N	U	T	L	H	N	A	E	C	O
A	L	A	E	S	R	A	E	B	R	A	L	O	P	S

24 WORDS – ALL TO WITH OUR POLES

- | | | | | | |
|--------|-----------|--------------|----------|------------|------------|
| ALASKA | ANTARCTIC | ARTIC CIRCLE | BLIZZARD | CANADA | EXPANSE |
| FJORD | GLACIER | ICEBERG | ICE CAP | ICE FLOE | NORTH POLE |
| OCEAN | PENGUIN | POLAR BEAR | REINDEER | SCOTT BASE | SEAL |
| SLED | SNOW | SOUTH POLE | TUNDRA | WALRUS | WHALE |

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