

OLDER MEN UNLIMITED HERVEY BAY



NEWSLETTER

April 2022

INCORPORATING
MARYBOROUGH

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 26th April 2022 Guest Speaker: Melanie Ryan (QPS)

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
Manager	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

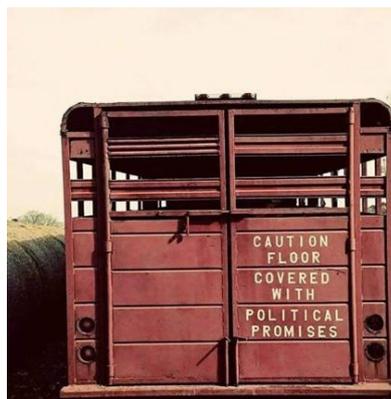
Wednesdays 8.00 – 11.00 am

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

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OMU GROUP CONVENERERS

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

ART REPORT:

We have good rollups to the Art Group with between 8 and 10 per Wednesday. Ray has been working on his paintings dog and flowers using acrylic paints. Ian has been working on an undersea shark and scenery also using acrylic paints.

Mick has worked on a Viking Ship which has come up really well after completing his Les Misérables themed painting.

Noel has been working on horse themed paintings and he and Joe have been doing Australian birds.

John has been working in charcoals with his current theme being Dog playing cricket John suggested it looked like me batting but I said I'd needed a wider bat-woof.

There also has been work on various watercolour paintings by Bruce which are really impressive.

There a number of others who attend who are doing their own interest areas. I will report on their work next month.

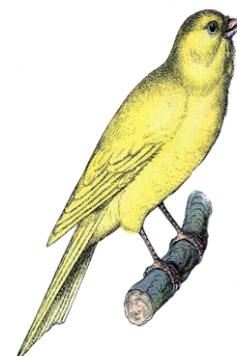
The one thing that Art Group has is the amount of diversity being in the Art World in just our small group so if you would like to have a go come along on join us Wednesday at 8 am and join in.

One of the highlights of each Art Group is the morning tea put together by Ray for the group. Thanks Ray.

Happy (Ron) is a regular attendee over the past year and always enjoys the morning tea and talking with the artists doing their work.

Thought of the month is how do you know if you have an elephant under your bed. Answer the ceiling is very close.

If you are being chased by lion how fast should you run. **Answer:** just faster than someone else being chased you.



MARYBOROUGH

The walking group is still powering ahead. Quite pleasant first thing in the morning, for walking. It was the city walk last week. Around 8 fellas for breakfast all with stories to tell. Some true however, not too sure about the others. Our next bus trip is on the 19th April and I will have a report regarding this in the next newsletter. Looking forward to this one – it should be a good trip. Cheers Richard.



Life is slowly returning to normal for OMU Maryborough. The walking group is back walking the old tracks, bus trips are happening again and we will have our first OMU Butchulla Men`s day at Ravens Hill on Tuesday,10th May. Hopefully Keith Martin and Brian Ward will be keen to produce some scones and damper from their camp ovens.

Bunnings Maryborough have been good to us this month with an opportunity for us to participate in a hobby night at the store and help customers assemble a plant pot, which they could take home for free. Bunnings gave us three \$50.00 vouchers for two of us putting in a few hours.

Easter Saturday, we had a record Sausage Sizzle-day at Bunnings with Peter Sawtell banking around \$970.00. A big **THANK YOU** to all OMU members who helped on the day. The April bus trip will be to a Macadamia farm near Kin Kin. we have been trying to get there for a while, but the wet conditions prevented us from visiting. Should be an interesting day. Lance Stone from TESS in Maryborough spoke at the morning tea and gave members an interesting insight into what they do for the community.

He was happy to be reunited with his pool table. Looking forward to another good month.

GLEN MILLER



© OMI

How did you meet your husband?
I'm a pharmacist, he come in to buy condoms, asked for XXXXXL And only after we got married I realised that he stutters...



OUTREACH

Our Outreach visits are commencing to pick up. With visits to The Waterford, Ozcare and very shortly the Parklands and next month we will be commencing a "Happy Hour" at Kirami. Visits have been changed around to become more COVID safe so if anyone is interested, please let me know. At all facilities it is mandatory to have your COVID vaccinations plus your booster and soon you will require your annual Flu vaccination. See me for more information. Our sincere thanks to those members who give an hour here and there each month to support others. If you think about it – there are 720 hours (average) in a month and giving 1 hour a month to make others happy still gives you 719 hours in that month to do what you want to do.

DAVID HOODLES

CLUBROOMS

A busy month (March) at the clubrooms with 206 members visiting for different activities. Tuesday afternoon tea is growing steadily which is great to see – thanks to Noel, his off-sider Henry and sometimes another off-sider Russ. Keep up the excellent work – your time and efforts are sincerely appreciated by management.

Friday mornings have also increased and this is thanks to Chris, Denis, Des, Doug, Russ Noel and Henry.

It would be awesome to add some more names to the lists of those members who help out – give it some thought guys.

Friday Raffles still alive and kicking. There has been some modifying done to the raffle where now there is a "Surprise Draw" which has a much larger "Cash" prize. So come along – you never know your luck.

DAVID HOODLESS

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

Out and about with Idiots and I do include myself in this category. Who else would be seen in public with the likes of Bob the Dog, Nev - "Knuckles" Moor, Simon The Slow, Charlie The Wondering Doc and not to forget that famous comedy duo, Des and Denis the Travelling Dillberries. But we have enjoyed some very fine dining - Kondari, Chit Chat Café and Thai Smiles. It was also good to see Woody, The Ashford Refugee join us. He has returned from whence he came, but I'm sure like nut grass or bindi's he'll turn up again when you least expect it. Our beloved leader, the Big S.S (nothing to do with Nazi Germany) but the way he rules the Lunch Group, I'm not so sure. We don't mind that he demands reports on other members and having to stand when he enters, but the raised arm salute is going a bit too far. He's even worse now that he's been awarded a very famous and desirable award, more prestigious than the Nobel Prize or the best in the show at the Torbanlea and Howard District Nurtured and homeless cat show. Simon has taken out the First and most likely the last "dummy spit of the month". I feel myself that we have started at the top of a very large heap of world class dummy spitters, so if anyone aspires to such a great honor, you'll have to lift your game. I was trying to get a list of upcoming dining spots but due to bad planning, it will not be available in this newsletter.

I shall endeavor to do better next month so till then "Bon Appetite"

E & OE



HAVE A LAUGH

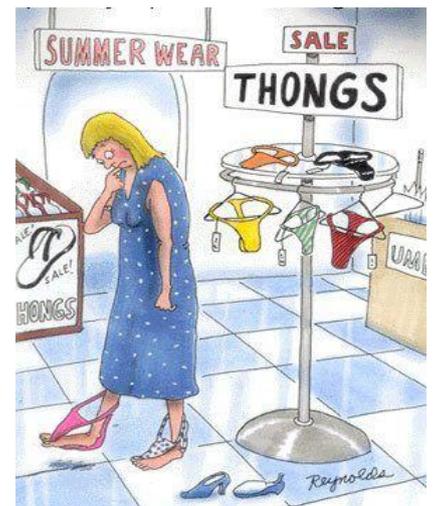
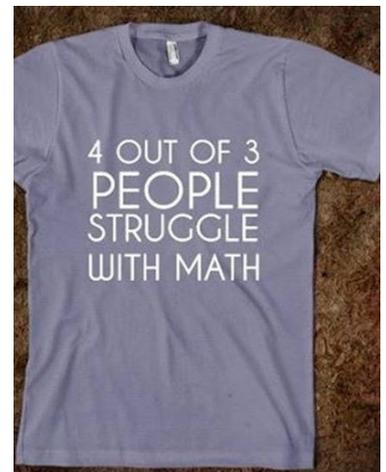
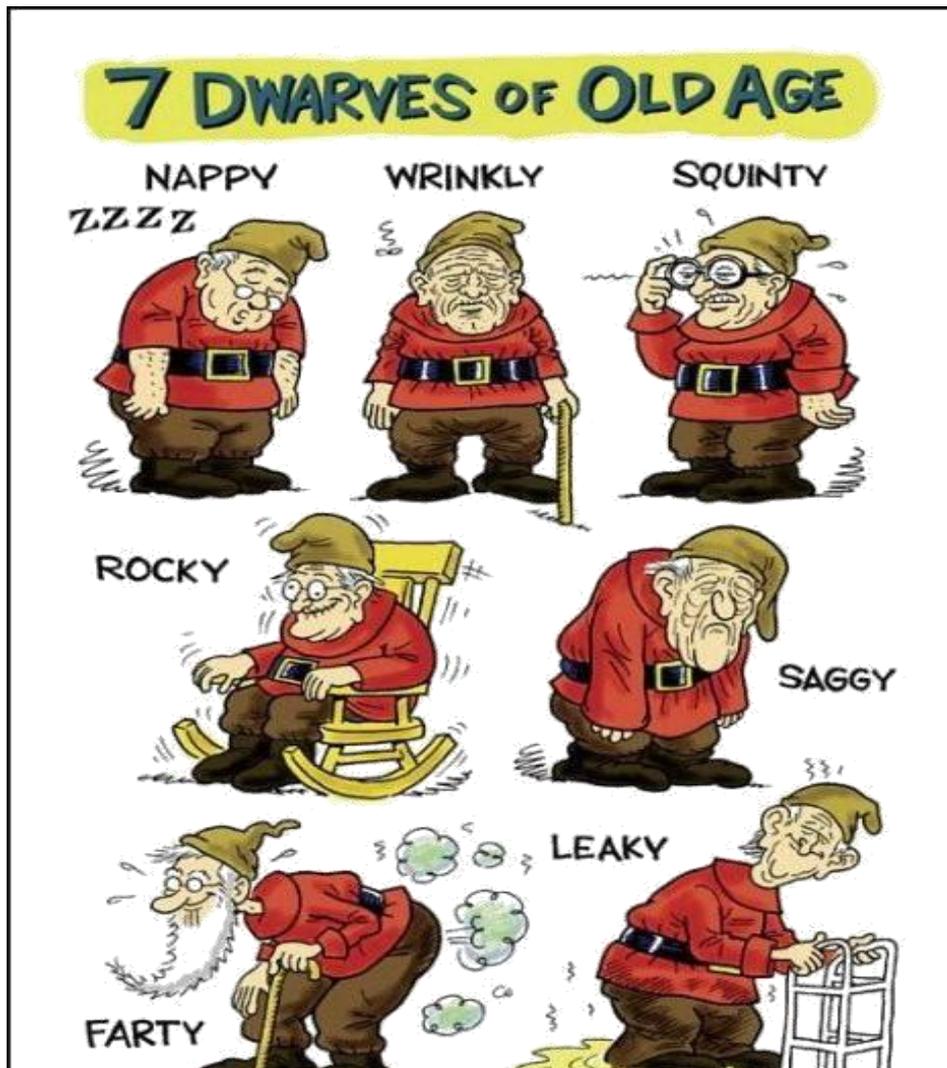
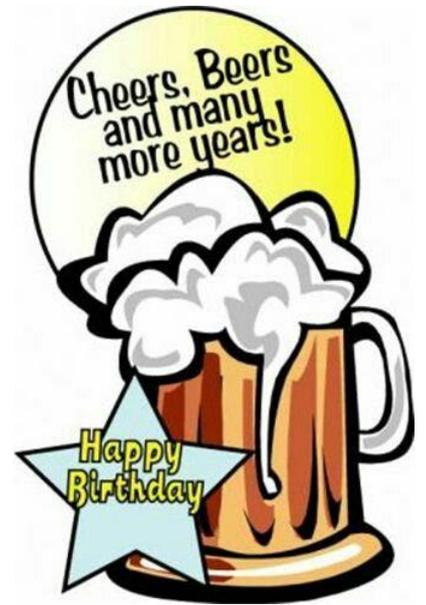
The three-party leaders – Scott Morrison the Prime Minister, Anthony Albanese leader of the Labour Party and Richard De Nitale from the Greens, have all been captured by Al Qaeda. From their cell window, they can see the executions taking place each day. The victims are taken out to the execution yard, stood against the low wall and shot by firing squad. One morning the guards come for Richard De Nitale. He is stood against the wall. "Ready" "Aim" Richard shouts "Earthquake!". The guards drop their weapons and drop to the ground. Richard climbs over the wall and runs away. Scott and Anthony think this is marvellous. The next day the guards come for Anthony Albanese. "Ready" "Aim" "Hurricane!". The guards drop to the ground, and Anthony climbs over the wall and escapes. The next day the guards come for Scott Morrison. Line him up against the wall. "Ready" "Aim" "Fire!" shouts Scott.

BIRTHDAY BOYS – APRIL

Les Curran Eddie Turner Russ Pool Bob Smith
Don Giles Ian Paxton Kevin Anderson
Peter Milanovic Glen Miller Joe Laczko Archie Ayre
Chris Jacobs Andrew Nott Edgar Johansen

NEW MEMBERS – APRIL

Bruce Wimpenny Mark Lumb Jan Hadley
Craig Schmidt John Burkinshaw



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.

What is a stroke?

Stroke attacks the brain – the human control centre – changing lives in an instant.

Your brain is fed by blood carrying oxygen and nutrients through blood vessels called arteries. A stroke happens when blood cannot get to your brain, because of a blocked or burst artery. As a result, your brain cells die due to a lack of oxygen and nutrients.

How do you know if someone is having a stroke? Think... **F.A.S.T.**

The Stroke Foundation recommends the **F.A.S.T.** test as an easy way to remember the most common signs of stroke. Using the **F.A.S.T.** test involves asking these simple questions:

Face: Check their face. Has their mouth drooped?

Arms: Can they lift both arms?

Speech: Is their speech slurred? Do they understand you?

Time: Is critical. If you see any of these signs call 000 straight away.

Other signs of stroke:

Facial weakness, arm weakness and difficulty with speech are the most common symptoms or signs of stroke, but they are not the only signs.

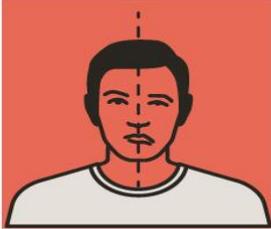
The following signs of stroke may occur alone or in combination:

- Weakness or numbness or paralysis of the face, arm or leg on either or both sides of the body
- Difficulty speaking or understanding
- Dizziness, loss of balance or an unexplained fall
- Loss of vision, sudden blurring or decreased vision in one or both eyes
- Headache, usually severe and abrupt onset or unexplained change in the pattern of headaches
- Difficulty swallowing

Sometimes the signs disappear within a short time, such as a few minutes. When this happens, it may be a transient ischaemic attack (TIA). After a TIA, your risk of stroke is higher. Stroke can lead to death or disability. A TIA is a warning that you may have a stroke and an opportunity to prevent this from happening.

While you are waiting for the ambulance to arrive:

- If the person is conscious, lay them down on their side with their head slightly raised and supported.
- **DO NOT GIVE THEM ANYTHING TO EAT OR DRINK.**
- Loosen any restrictive clothing that could cause breathing difficulties.
- If weakness is obvious in any limb, support it and avoid pulling on it when moving the person.
- If they are unconscious, check their breathing and pulse and put them on their side. If they do not have a pulse or are not breathing, **start CPR straight away.**
- If you are unsure how to perform CPR, the ambulance call taker will give instructions over the phone.

			
			
FACE ONE SIDE OF THE FACE IS DROOPING	ARMS ARM OR LEG WEAKNESS	SPEECH SPEECH DIFFICULTY	TIME TIME TO CALL FOR AMBULANCE IMMEDIATELY

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.



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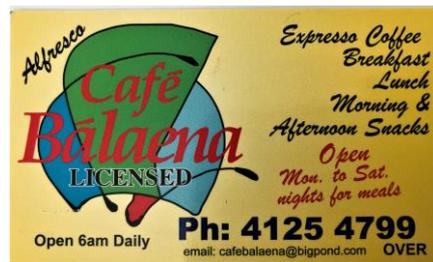
39A Islander Road, Hervey Bay – 4128 1334
167 Churchill Street, Maryborough – 4121 4297



NEXT MORNING TEA MEETING
(TUESDAY) 23RD MAY 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.



DONATION

Recently the Urangan Pier Park Community Market Inc. donated \$1,000.00 to Older Men Unlimited. At the presentation (from Left) Di (Treasurer), Duncan (President) and OMU President: Cyril.

Older Men Unlimited are very grateful for the consideration and opportunities the Committee of the Pier Park Markets consistently offer Older Men – Thank you.

In the background you see some of the members of "Grumps and Roses". The group donate their time to provide some great music.

Looking for something to do on a Saturday – come to the market, an awesome variety of fruit and vegies, food, entertainment, clothing and much, much more interesting items. Opens at 7.00 am – closes 12 noon.

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”.

Some good old-fashioned riddles for you to solve – answers on the last page:

- 1) A woman shoots her husband. Then she holds him under water 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) This is an unusual paragraph. I'm curious as to just how quickly you can find out what is so unusual about it. It looks so ordinary and plain that you would think nothing was wrong with it. In fact, nothing is wrong with it. It is highly unusual though. Study it and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out. Try to do so without any coaching!

Take a deep breath and relax for a couple of minutes.
See how you go this time – 26 words to find.



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

There are 26 words to find this time –

- | | | | | | | |
|----------|---------|---------|---------|---------|---------|---------|
| REASON | REBEL | RECALL | RECESS | RECUR | RECYCLE | REFRY |
| REFUND | REHEAT | REIGN | REJECT | REJOICE | RELAX | REMARRY |
| REMEMBER | REMNANT | REORDER | REPAIR | REPTILE | RESCUE | RESPECT |
| RESUME | RETHINK | RETREAT | REUNION | REVERSE | | |

You're showing you age if you remember these great memories of growing up in Australia in the 30s / 40s / and 50s.

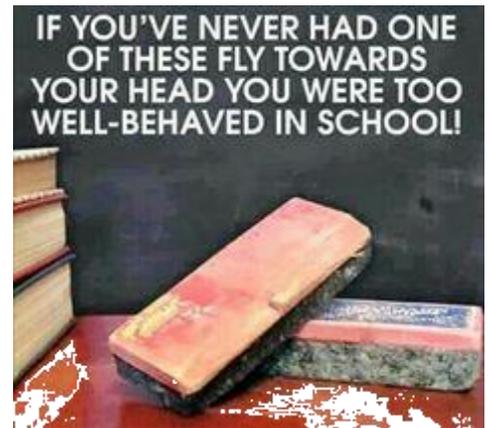
What a great journey "Down Memory Lane" !



Yummy 6d worth of Fish and Chips
Wrapped in newspaper.



School Compass



Balsa Wood
Model Plane

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Riddle Answers:

1 The woman was a photographer. She shot a picture of her husband.
2 The letter 'e', which is the most common letter used in the English language, does not appear even once in the paragraph.