

# OLDER MEN UNLIMITED HERVEY BAY



# OMU LOCAL

INCORPORATING  
MARYBOROUGH

APRIL 2025

*Patron:* George Seymour (FCRC Mayor)



## April 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 1<sup>st</sup> 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](mailto:manager@omu.org.au)

Web Site: [www.omu.org.au](http://www.omu.org.au)



## OMU GROUP CONVENERERS

ART	RAY CHESTERFIELD	0409 373 836
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**

Following one of the wettest periods in recent Hervey Bay history, some members were severely affected by the storm/flood waters, and should any member require assistance in the subsequent clean up, please do not hesitate to contact your OMU Committee members.

I can advise that the Ravens Hill function, being the official opening of the new shed building, is now to be held on 18th May, 2025 at 11AM.

Club members are invited to attend and catering will be by Maryborough OMU.

The highlight of the month no doubt was the very successful Black Stump Picnic held at Point Vernon, with many commenting that it was possibly one of the best. Des Langford and his team who transported the relevant catering goods and equipment and the setting up of the tents and gazebos to Andy Pevereill and Chris O'Brien for the on site catering. Special thanks go to: Des Langford, Mike Aherne, Andy Pevereill, Henry Jackson, Chef Chris Jacobs, Doug Wellard, and Frank Bartosek. I remind members that Frank was so keen to volunteer his time, and for a man who cannot walk without assistance, he sat and flipped 96 hamburger patties to ensure the meal was a great success.

A lesson in volunteering if ever there was one! I might add that Frank also donated a microwave oven to the Maryborough Club kitchen.

Thanks Frank.

The catered fishing function to be held on the 1st May, 2025 attracted just 3 Hervey Bay OMU members with the other 7 members required for the charter coming from Maryborough OMU members. Thanks to David "Fritz" Delahaye for his efforts in co-ordinating the event.

Only two more members required by John Abbott to get our camera club up and running, so please don't miss this opportunity. Family memories are best captured by good photography.

I will be absent until 18th May, 2025 and leave you in the very capable hands of our Vice-President Des Langford.

A very Happy Easter to you and yours!!

**Peter Scanlon**

## ART GROUP

Morning all

Well, another month has slipped by!

The art group is doing well with lots of great art being created.

Mick is painting some of his dinosaurs, Jeff is working on some landscapes inspired by his outback trips. Ian has undertaken a series based on historic Sydney public transport!

Ray is painting an ambitious seascape. Packo is our expert on animal drawings and

Mulga has taken a break from his emus and has ventured into trying his hand at

landscapes. Noel has been painting a nice whale picture as a break from some of the

bird paintings he is been doing and David has been drawing an eclectic group of still life and landscape drawings.

And that leaves Steve, our resident water colourist doing a portrait or two.

I am pleased to report two new members John and Tony who have been enjoying our wonderful company.

Well, that is it for this time, catch you all next month!

**Steveo**

## MARYBOROUGH

### Maryborough Convenor's Report

Another successful month on several fronts for OMU Maryborough. We have gained two new members, please make welcome Tom & Cyril. The workshop has had a good month also, securing the manufacture of containers for Enzo's restaurant and constructing & installing an access ramp at the Ambulance Auxiliary container.

A very enjoyable trip to Bamboo Land kept everyone on board alert and wondering where bus driver Pete would take the next wrong turn!

Amazingly, afterwards he drove straight to the Howard pub where we had an excellent lunch & quite a few laughs. Obviously, he is more a socialiser than a gardener!

Suggestions for future trips are always welcome, so if you have somewhere in mind, please let a committee member know.

Still no word on the land allocations, but it must be getting closer!

**Regards, Steve.**

**Outreach:** We have had another change of time for Chelsea to the last Wednesday of the month so the next visit will be at 10:00 am on the 30<sup>th</sup>. April. We are also starting the Chelsea fellows on some wood crafting with the toy model parts made in the workshop. The dates for visits to the other Nursing Homes are on the notice board.

**Workshop/Activities** – During March, 136 members attended on the 12 days the centre was open. The workshop added \$311.50 to the group's finances this month and \$164.00 worth of wood items were sold at the Pier Markets. The two condiment boxes made as a trial for Enzo's restaurant in Hervey Bay were completed and taken to Enzo's who were pleased with the items and have ordered more to be made over the next few weeks so any members who can assist with their production are asked to let Frank G. know so times can be arranged for the work. This will be another good source of income for the group so

members are asked to be involved if possible. The cost of these items is \$28:00 and a separate costing for this project is going to be kept to establish its profitability and potential for future similar projects. Enzo's have agreed to us putting our sticker on the bottom of the boxes as the manufacturers.

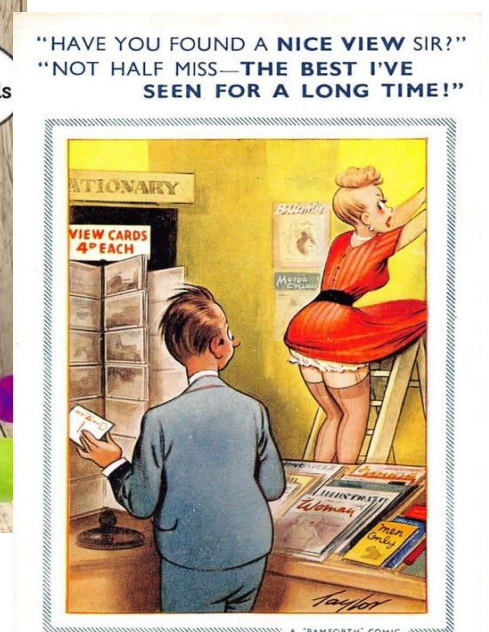
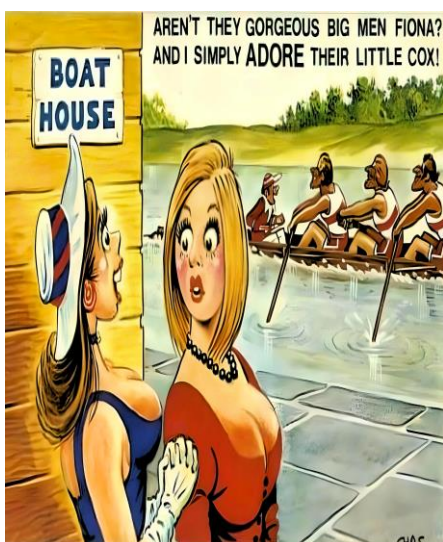
For further information – contact Frank Grant – 0490478193.

**FUND RAISING – Sausage Sizzles:** The sausage sizzle held on the Sat the 8<sup>th</sup>. March raised \$766.20. Many thanks to the members who volunteered and assisted. The next sausage sizzle will be held on Sat the 19<sup>th</sup>. April and volunteers will be called for at next Tuesday's morning tea. We have also been asked to run a sausage sizzle on Thursday 10<sup>th</sup> April from 5 – 8:30 pm which we have agreed to do. Bunnings are also holding a community night on the Tuesday before Mother's Day in May and have asked us to have a stand selling items made in the workshop.

**Fishing group:** Ian Goodall has done a flyer asking for expressions of interest from members who would be interested in a fishing trip out of Tin Can Bay in the future. Hervey Bay members have also been invited. Ian would like to know as soon as possible if there are enough members interested so he can book a suitable date before the best available dates are booked out.

**Walking Group:** The walking group is walking and talking each Wednesday morning with the number varying a little each week. New members are always welcome. There are 4 different walks to choose from week to week and you walk at your own pace. The notice board is in the OMU shed for members to check out. Starting time is 7:00 a.m. followed by breakfast after our walk and we usually wrap up about 9:00 a.m. It really is a great social morning and if you are not able to walk, come and join us for breakfast. You will be welcome.

– Richard Shale



## 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](mailto: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

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



### WALKING GROUP



**ALL WALKS COMMENCE AT 8.00 AM UNLESS OTHERWISE STATED – MAY 2025**

- 1<sup>st</sup> May – Nikenbah trail meet at The Depot Café Nikenbah**
- 8<sup>th</sup> May – Marina / Beach Walk meet outside Boat Club Urangan Marina**
- 15<sup>th</sup> May – Point Vernon meet Brew and View Café Point Vernon**
- 22<sup>nd</sup> May – Botanic Gardens (no bowl) meet Wellness Centre - gardens**
- 29<sup>th</sup> May – Arkara Gardens meet Arkara Gardens Café Dundowran**

On a slightly cooler and breezy morning 19 walkers turned up for the weekly walk, and on being told it was the Mystery breakfast morning, 4 healthy members Henry J, Tony R., Noel S. and Geoff H declined breakfast but would join us for liquor refreshments. Our mystery

location was The Chit Chat Cafe on the Marina which we had not tried before owing to the nearby location of the Ramarda's Smokey Joe's Cafe (currently out of action owing to the recent storm), With that in mind David W. set of at a brisk pace, to time himself to ensure he did a full 60 minutes and was quickly followed by Tony R. who was keen to do the same. Leading the pace also was Fritz D., Mike A., Charles J., Peter S., followed by the middle distance sprinters of Peter W., Henry J., Ralph K., Noel S., Geoff H., Bill M, Bob McL and very surprisingly leading the rear runners was John F., with Victor B., Barry L and Alan S. Fortunately our team manager and team trainer John H. and Frank B., had completed the necessary paperwork and secured our booking at the Cafe so a good walk to the end of the Marina and Statute went without incident (i.e. NO FALLS) and we all managed the return journey with the rebel doing some additional beach work to complete his 60 minutes.

A delightful meal was supplied by the friendly and efficient Chit Chat Cafe staff and a very contented group enjoyed the banter before heading off home. Our next walk on 17th April, 2025 will be at the Mini Golf Course, Truro Steet, meeting at 9am to complete the walk before golf commencing at 10am.

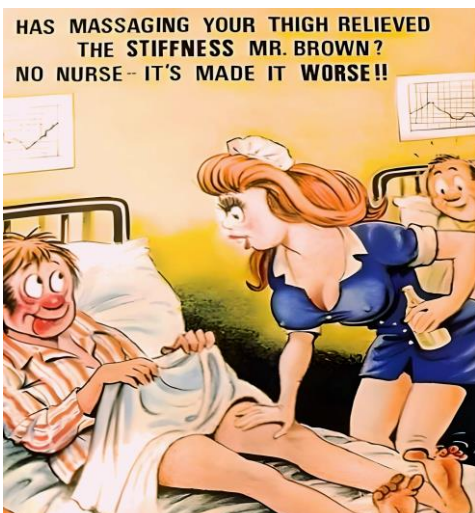


**NEW MEMBERS: APRIL 2025**

- |              |             |               |
|--------------|-------------|---------------|
| Barry France | Andy Halden | Peter O'Brien |
|--------------|-------------|---------------|

**BIRTHDAY BOYS: APRIL 2025**

- |                  |               |            |                 |
|------------------|---------------|------------|-----------------|
| David Dolan      | Henry Jackson | Ron Morris | Chris Reymers   |
| Steve James      | Jim Gibson    | Col Anson  | Phillip Beetham |
| Steve Castledine | John Shearer  | Ron Bailey | Peter Banias    |
| Frank Grant      | Les Ison      |            |                 |



## **MEN'S HEALTH**

### **URINARY TRACT INFECTIONS (UTI)**

#### **Key Takeaways**

Urinary tract infections (UTIs) are a common issue for older adults and are often misdiagnosed and untreated (or overtreated).

UTIs in hospitalised seniors may be misdiagnosed almost 40 percent of the time. UTIs can cause sudden confusion among seniors and may resemble serious conditions like dementia.

#### **What Are UTIs?**

A UTI is a bacterial or fungal infection in any part of the urinary system, including the urethra, bladder, ureters, or kidneys. The infection starts at the opening of the urethra. When left untreated, it advances to the bladder, then ureters, and finally the kidneys, where permanent damage can take place. This can lead to kidney failure. If the infection reaches the blood, the patient's risk for sepsis increases. Early detection and treatment by a professional are therefore essential.

If you are very disoriented, lethargic, and not wanting to eat, your first thought might not be "this is due to a urinary tract infection." After all, UTIs usually present as painful or frequent urination, burning, or abdominal pressure in younger people. In seniors, though, this infection manifests more atypically as confusion and delirium. The good news is that the delirium is usually reversible if seniors are properly treated. The problem is that a UTI's symptoms mimic those of other more serious conditions like dementia. If an older patient cannot report their symptoms clearly and signs point to other conditions, diagnosing UTIs can be challenging.

#### **Did You Know?**

UTIs are the second-most common type of infection in older adults. Reducing the rate of hospital admissions for urinary tract infections among older adults is one of our government's critical health priorities through the Healthy People 2030 initiative. These initiatives are designed to prevent disease and improve the health of the nation by 2030.

#### **Why Do Seniors Get So Many UTIs?**

Older individuals are vulnerable to UTIs due to age-related factors. With age, our immune system might become compromised. Our bladder and pelvic floor muscles weaken, which causes urine retention and incontinence. This in turn means the potential for bacteria increases if urine stays in the urinary tract. Seniors often get UTIs through catheters in nursing homes or other full-time care facilities. Due to cognitive decline and neurological conditions, senior adults might not even be aware of their symptoms.

#### **Body Facts:**

Senior women get more UTIs than senior men because their urethra is shorter and closer to the bladder, so it is easier for bacteria to travel to the bladder. Women's postmenopausal estrogen loss also creates thinner tissues that cause dryness and other changes conducive to UTIs.

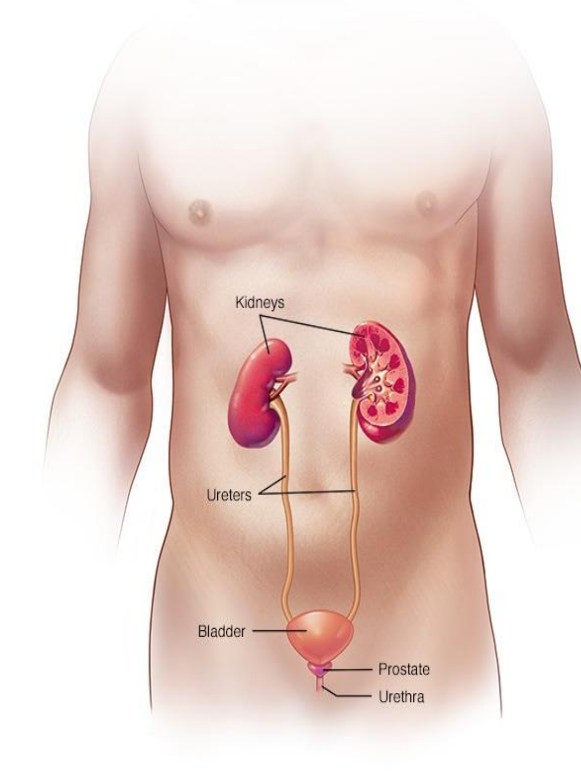
## What Causes UTIs in Seniors?

On a simple level, once *E. coli* bacteria — the most common bacterial cause of UTIs — makes its way from the bowel or bladder to the urinary tract, one can get a UTI. Our senior loved ones can be more vulnerable to UTIs due to other conditions they may deal with as they age, such as diabetes, vaginal atrophy, or prostate hyperplasia.

## What Are the Symptoms of UTIs in Seniors?

Signs to look out for to determine if a loved one might have a UTI include classic symptoms as well as those specific to seniors:

- Delirium
- Frequent falls
- Drowsiness
- Lethargy
- Aggression
- Agitation or restlessness
- Behavioural change
- Decreased mobility
- Lack of appetite
- Urgent need to urinate or increased frequency of urination
- Pain, burning, or discomfort when urinating
- Pain in the lower abdomen or back
- Pressure in the pelvic area
- Cloudy urine (or urine with an odour)
- Fever
- Blood in urine
- Nausea
- Vomiting



### Pro Tip:

If you have pain or noticeable discomfort in the lower-to-mid back, the UTI might be more severe, as it may have reached the kidney area.

Symptoms that are like those of a UTI can also be indicative of other serious conditions. These include vaginitis, kidney stones, sexually transmitted infections (STIs), and bladder cancer. That is why it is imperative to get diagnosed and treated as soon as possible.

## Why Are Symptoms Different for Seniors?

Determining why UTI symptoms in seniors are different from traditional symptoms is tricky. Cognitive impairment can be at play and limit a senior's ability to recognize a problem, allowing the issue to worsen and negatively affect their body. Many symptoms also relate to their behaviour. When it comes to seniors, whether they're in assisted living centres, nursing homes, or at home, changes in behaviour can end up being missed, dismissed, or attributed to other illnesses.

Seniors, unlike those in other age groups, tend to experience delirium when they get UTIs. Recent research with lab mice may reveal why. A team discovered that Interleukin-6, a



protein in the immune system, can contribute to the delirium and disorientation that is often found in older patients with UTIs. Blocking the actions of that protein can reduce such symptoms.

### **How Do You Treat UTIs?**

If you suspect your loved one might have a UTI, request that your doctor take a urine sample and send it to the laboratory for analysis. A urine culture will reveal if bacteria is causing an infection. Bacteria in the urine not causing any symptoms could be asymptomatic bacteriuria (ASB) which is often found in older adults and typically does not require treatment.

Because older adults' immune systems may be less effective at identifying and attacking infections, UTI symptoms could potentially progress to a dangerous level. UTIs can lead to sepsis, a life-threatening condition in which the infection spreads to the bloodstream and throughout the body. Sepsis can cause organ dysfunction or failure. Untreated sepsis can lead to septic shock and eventual death.

UTIs should not be underestimated, but once a UTI is diagnosed, the treatment is usually relatively easy. Most UTIs are treated with antibiotics and hydration. If the UTI causes severe confusion or delirium, some doctors will prescribe antipsychotic medications. When accompanied by complications like sepsis or kidney infection, the patient might require hospitalization and intravenous use of antibiotics.

Some medical specialists worry about overtreatment and antibiotic resistance. They suggest that, rather than a urine culture, medical practitioners should conduct a full clinical assessment. According to one study of older adults admitted to hospitals for UTIs, most cases were asymptomatic, yet patients received inappropriate treatment in the form of antibiotic therapy.

### **How Can UTIs Be Prevented in the Senior Population?**

Here are some helpful tips for seniors to reduce their chance of getting a UTI:

Practice good hygiene.

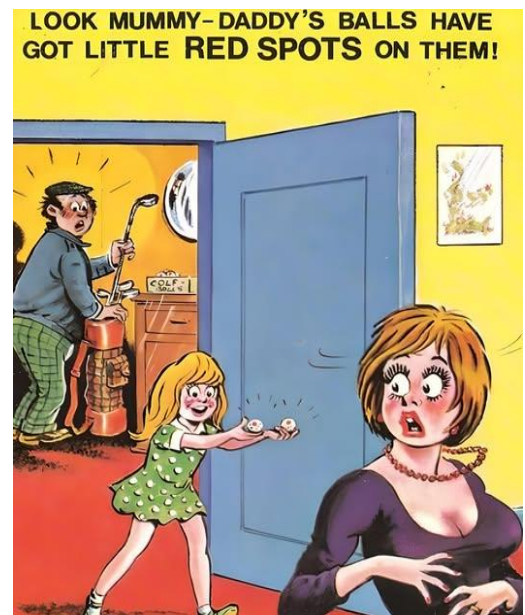
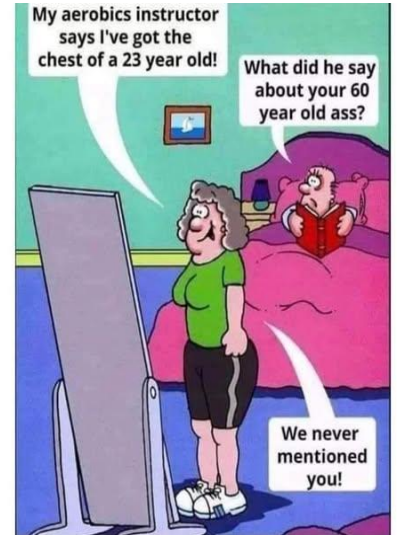
After using the toilet, wipe from front to back to keep bacteria away.

- Empty your bladder before and after sexual activity.
- Do not hold urine for too long.
- Avoid constipation.
- Urinate frequently.
- Drink lots of water to flush your kidneys and prevent bacteria from populating.
- Maintain a healthy diet.
- Consider taking probiotics.
- Choose breathable underwear.
- Control blood sugar.

Take care of yourself with good sleep, nutrition, and exercise.

### **Final Thoughts**

As people age, they can experience more severe reactions to infection as well as a wider array of symptoms. If you suspect one of your parents or grandparents has a UTI, take immediate action. Call a family member or care professional to step in right away.



**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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Supporting OMU

**URGENTLY REQUIRED**  
**VOLUNTEERS TO ASSIST MEALS ON WHEELS**  
**MORE INFORMATION PLEASE CONTACT:**  
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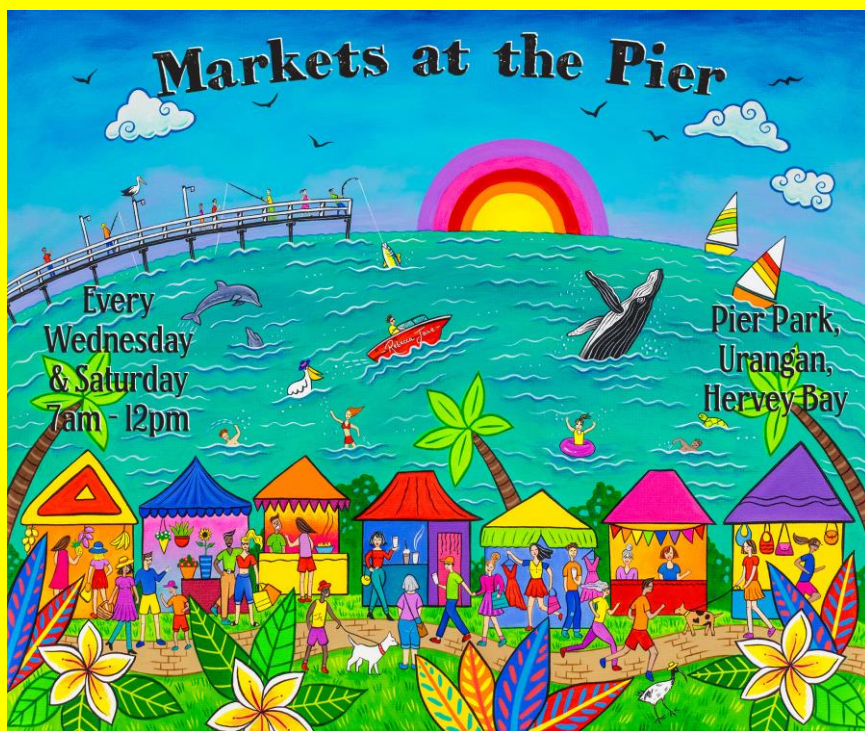
**IS IT TIME TO CALL A MATE?**  
**DON'T FORGET YOUR MATES!**  
**ARE THEY GOING, OKAY?**  
**IT DOESN'T TAKE MUCH!**

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

**It could save a life?**

- KEEP THESE HANDY NUMBERS**
- ADA Australia 1800 700 600
  - Aged Care Quality and Safety Commission 1800 951 822
  - My Aged Care 1800 200 422
  - National Dementia Helpline 1800 100 500
  - National Seniors Australia 1300 765 050
  - Seniors Enquiry Line 1300 135 500
  - QLD Health 13432584

**Not 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 1<sup>st</sup>,  
3<sup>rd</sup>, and 5<sup>th</sup> Saturday of  
the month

See you there



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

please let David know what your email is and you will receive it in glorious colour. "Too easy".

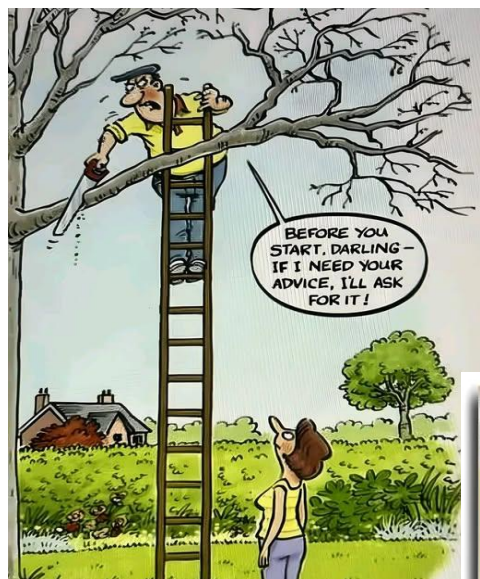
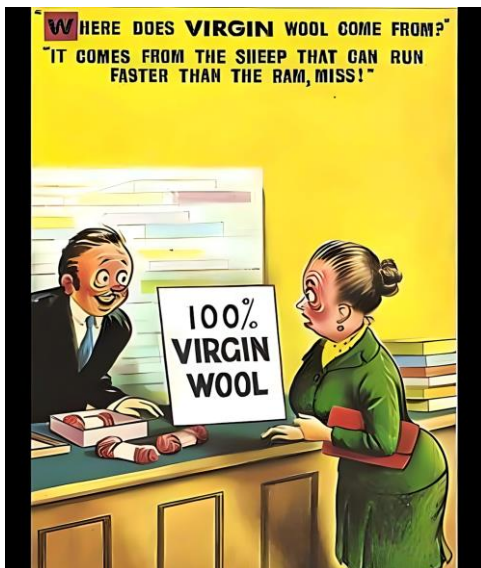
David's email: [manager@omu.org.au](mailto:manager@omu.org.au)

Or phone: 4128 9011

## FOR SALE

### TASMANIAN OAK DISPLAY CABINET - \$550.00

This well-made cabinet has 5 shelves encased with glass with another open shelf at the base. Hand made locally here in Hervey Bay. A lot of time and effort was put into this beautiful cabinet. It stands 2010 mm tall, 1200 mm wide and the depth is 360 mm. Also included are 6 moveable shelves all are solid Tasmanian Oak. More information phone David 0450 772 556



**FIND A WORD**

**THE CLIMATE – 27 WORDS TO FIND**



F	Y	O	D	N	I	W	S	N	O	I	S	O	R	E
R	D	R	O	U	D	G	N	I	N	T	H	G	I	L
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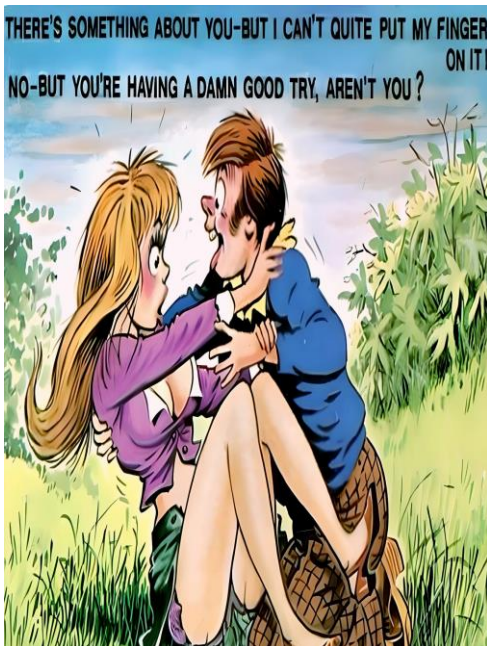
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- BREEZE
- CELSIUS
- CLIMATE
- CLOUDY
- CYCLONE
- DRIZZLE
- DROUGHT
- EL NINO
- EROSION
- FLOOD
- FOG
- FROST
- HEAT
- HUMIDITY
- LIGHTNING
- MIST
- MONSOON
- RAIN
- STORM
- THUNDER
- TORNADO
- TROPICAL
- TYPHOON
- WEATHER
- WIND

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"Oh Mr. Williams, would you like to touch me up and mount me!"

