

OLDER MEN UNLIMITED HERVEY BAY



"Age is just a number" INCORPORATING
MARYBOROUGH

NEWSLETTER

May 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 23rd May 2022
Guest Speaker: Carla Keleher (Aust Hearing)

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 188 571



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 REPORT

(None submitted)

ART REPORT:

The art group is still carrying on regardless. Bruce is still working on his water colour paintings involving quite a few frog-themed drawings. Noel is into multiple horses now after doing singular ones. Ray is still helping Ian on his shark in the reef. Joe has been helping Noel. The art cupboard has decided it has had enough and needs replacing. Ray and Ian tried to fix it after a bottle of linseed oil decided to jump from the broken cupboard to save itself. Thanks again to Ray for organising the food for the fabulous morning teas, even Bob Symons joined us for the morning. Anyone wanting to join the art group is welcome to come along – every Wednesday morning at the Seagulls, 187 Bideford Street. All you need is \$2.00 which includes paint, brushes, canvas, friendly assistance and a fabulous morning tea.



ANZAC DAY

Anzac Day saw OMU laying a wreath during the service (Freedom Park, Hervey Bay)



(Left) Cyril (Right) Ray

OUTREACH



Our Outreach visits are commencing to pick up. With visits to The Waterford, Ozcare, Parklands a “Happy Hour” at Kirami and next month (June) we will be commencing at Masters Lodge – something different with a staff member driving their bus for outings (men only) this could be anything from fish and chips along the Esplanade to coffee and cake at a shopping centre. All visits and future outings have been designed to become more COVID safe so if anyone is interested, please let me know. Plus, to ensure that both parties get something out of the visit. 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 HOODLESS

CLUBROOMS

Another busy month (April) at the clubrooms with 209 members visiting for different activities. Bit of a mixed month this month with quite a few public holidays falling on our activity days at the clubrooms (Mondays and a Friday).

OMU would like to thank the members who get off their ar*es to help out – much appreciated men. For the rest of you – you realise that you wouldn’t get a feed if it wasn’t for this small band of dedicated members.

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

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**

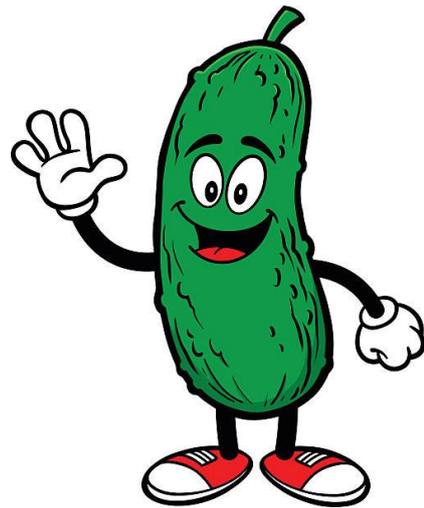
DINING GROUP – DINING WITH DILLS

COVID has decimated The Dining Group. So, this will be a very short report. We returned to the Soccer Club - Great. This week the Tavern. Next Week who knows.

Check with Simon Sweetnam anytime between 8 pm and 9pm any day of the week

Enjoy!

JBL



FUNDRAISING

Unfortunately, April has been a slow month when it comes to fundraising. Especially at the Urangan Pier Market on Saturdays. The weather has not been kind to us.



NEW MEMBERS – MAY

Jan Hadley

Peter Scanlon

HAVE A LAUGH

LOVE IS...



Blaming the fart on the dog when you know it was you.

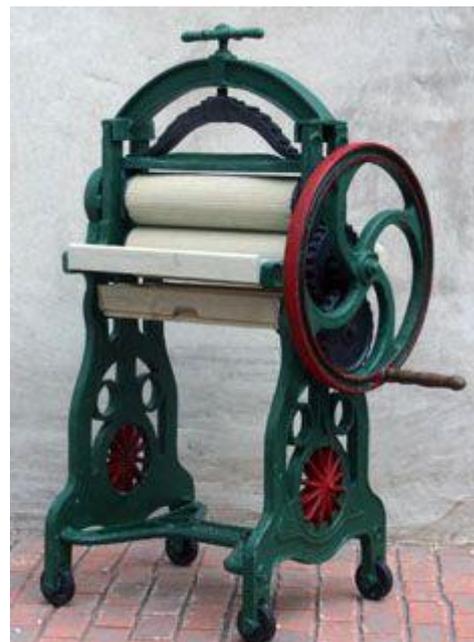


Remember the "olden days"?



Your bicycle front light was lit by this generator that was turned by your moving bike tyre

CHILDHOOD MEMORY #261



I can still see grandma ringing out the clothes. Unfortunately, there was no spinning cycle in the old copper.

Something Interesting

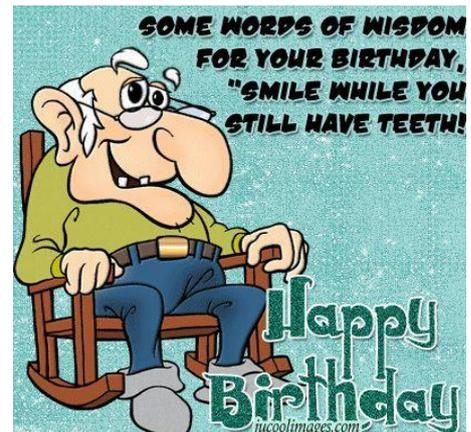
- Many years ago in Scotland, a new game was invented. It was ruled 'Gentlemen Only - Ladies Forbidden. and thus, the word GOLF entered into the English language.
- The first couple to be shown in bed together on prime-time TV was Fred and Wilma Flintstone
- Coca-Cola was originally green
- Q. What do Bulletproof vest, fire escapes, windshield wipers and laser printers have in common?
- A. All were invented by women.

- Q. What is the only food that doesn't spoil?
- A. Honey

- In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes, the mattress tightened, making the bed firmer to sleep on. Hence the phrase...'Goodnight, sleep tight'
- In English pubs, ale is ordered by pints and quarts. So, in old England , when customers got unruly, the bartender would yell at them 'Mind your pints and quarts, and settle down.' It's where we get the phrase 'mind your P's and Q's'

BIRTHDAY BOYS – MAY

David Dolan	Richard Lacey	Graham Chaplin
Henry Jackson	Craig Schmidt	Ron Morris
John Swan	Ron Cushway (Happy)	
Ron Slee	George Lucke	Jim Gibson
Col Anson	Graham Wood	Frank Grant
Les Ison	Steve Bateup	



After the community sing-along led by Alice at the piano, it was time for the star of the show - **Claude the Hypnotist!**

Claude explained that he was going to put the whole audience into a trance.

"Yes, each and every one of you and all at the same time," said Claude.

The excited chatter dropped to silence as Claude carefully withdrew, from his waistcoat pocket, a beautiful antique gold pocket watch and chain.

"I want you to keep your eyes on this watch." said Claude, holding the watch high for all to see.

"It's a very special and valuable watch that has been in my family for six generations," said Claude.

He began to swing the watch gently back and forth while quietly chanting, "Watch the watch --- watch the watch ---- watch the watch"

The audience became mesmerized as the watch swayed back and forth.

The lights were twinkling as they were reflected from its gleaming surfaces. A hundred and fifty pairs of eyes followed the movements of the gently swaying watch.

They were all hypnotized.

And then, suddenly, the chain broke. The beautiful watch fell to the stage and burst into a hundred pieces on impact.

"SHIT!" shouted Claude.

It took them three days to completely clean up the "Senior Citizens' Home" and Claude was never to be invited again.



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.

Now that the borders are opening many people are travelling to New Zealand so here is a “Heads Up” on the language.

Betting – Betting gloves are worn by betsmen in cricket.

Bugger – as in mine is bugger than yours.

Dimmer Kretz – Those who believe in a democracy

Ekka Dymocks – University staff.

Guess – Flammable vapour used in stoves

Error route – As in Arnott’s mulk error route baskets

Fitter Cheney – A type of long flat pasta, not to be confused with “rugger tony”.



I hope this helps you with your next visit over the dutch.

DEMENTIA (What is it?)

Dementia describes a collection of symptoms that are caused by disorders affecting the brain. It is not one specific disease. Dementia affects thinking, behaviour and the ability to perform everyday tasks. Brain function is affected enough to interfere with the person’s normal social or working life. The hallmark of dementia is the inability to carry out everyday activities as a consequence of diminished cognitive ability. Doctors diagnose dementia if two or more cognitive functions are significantly impaired. The cognitive functions affected can include memory, language skills, understanding information, spatial skills, judgement and attention. People with dementia may have difficulty solving problems and controlling their emotions. They may also experience personality changes. The exact symptoms experienced by a person with dementia depend on the areas of the brain that are damaged by the disease causing the dementia. With many types of dementia, some of the nerve cells in the brain stop functioning, lose connections with other cells, and die. Dementia is usually progressive. This means that the disease gradually spreads through the brain and the person’s symptoms get worse over time

What are the early signs of dementia?

The early signs of dementia can be very subtle, vague and may not be immediately obvious. Some common symptoms may include:

- Progressive and frequent memory loss
- Confusion
- Personality change
- Apathy and withdrawal
- Loss of ability to perform everyday tasks

What can be done to help?

At present there is no cure for most forms of dementia. However, some medications have been found to reduce some symptoms. Support is vital for people with dementia and the help of families, friends and carers can make a positive difference to managing the condition

If you or someone you know is exhibiting symptoms of Dementia, seek medical attention immediately.

The symptoms include:

Cognitive and sensory changes:

- Memory loss, generally noticed by the near and dear ones
- Difficulty in communication, especially finding the right words to communicate
- Reduced ability to organise, plan, reason, or solve problems
- Difficulty handling complex tasks
- Confusion and disorientation
- Difficulty with coordination and motor functions
- Loss of or reduced visual perception
- Metallic taste in mouth, decreased sense of smell
- Agnosia - unable to identify objects or persons

Psychological changes:

- Changes in personality and behaviour
- Depression
- Anxiety
- Hallucinations
- Mood swings
- Agitation
- Apathy - lack of interest or emotions

Causes / Complications

After a prolonged period, it may lead to:

- Loss of appetite
- Malnutrition
- Weight loss
- Pneumonia
- Inability to perform tasks without help

**The person I am with has dementia.
Your help and understanding
is appreciated.**



Thank you

- Inability to perform self-care or hygienic tasks such as bathing, dressing, using toilets, etc
- Protecting self from any harmful situations

Further Information: Dementia Australia offers support, information, education and counselling. Contact the National Dementia Helpline on **1800 100 500**, or visit their website at www.dementia.org.au

IRISH MEDICAL DICTIONARY

ARTERY	The study of paintings
BACTERIA	Back door of a cafeteria
BARIUM	What doctors do when patients die
BOWEL	A letter like A, E, I, O, U
CAT SCAN	Searching for a kitty
CAUTERISE	Made eye contact with her
COMA	A punctuation mark
DILATE	to live longer
ENEMA	Not a friend
FESTER	Quicker
FIBULA	A small lie
HANGNAIL	Coat hook
IMPOTENT	Distinguished – well known
LABOUR PAIN	Getting hurt at work
OUTPATIENT	A person who has fainted



IMPORTANT NEWS RELEASE

Senior citizens are the largest carriers of aids!!!!

Hearing aids, band aids, walking aids, medical aids.

Government aids and most of all monetary aids to their children.

The Golden years have come at last.

I cannot see, I cannot pee, I cannot chew, I cannot screw.

My memory shrinks, my hearing stinks, no sense of smell and I look like hell.

Just wondering!

Neighbour asks – “Where is your husband”?

“In the garden” she replied.

“I didn’t see him”, said the neighbour.

“You need to dig a bit deeper”, said the wife.



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.

More than just a meal

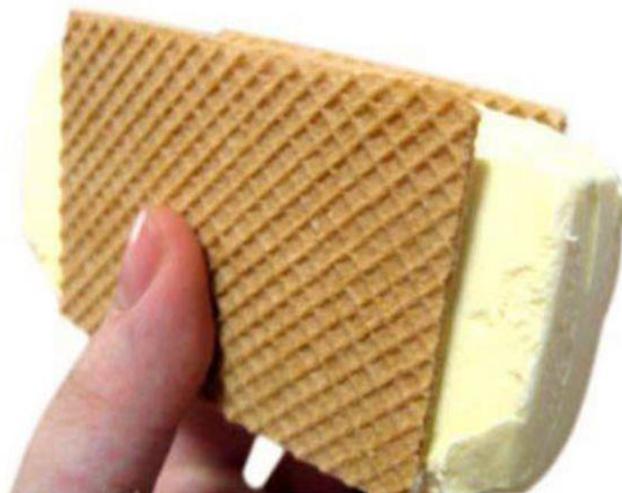
BIG DISCOUNTS AVAILABLE TO HOME CARE PACKAGE CLIENTS

CALL OUR FRIENDLY TEAM TODAY

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



Meals on Wheels
Fraser Community



Remember the old Cream Between Ice Cream

More old stuff



Hours of fun.
Do you remember the smell?



The Instamatic Camera

NEXT MORNING TEA MEETING
(MONDAY) 27TH JUNE 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.



RETIREMENT AT 67

Upon reaching 67, Simon decided to retire. After having him under foot for a few months, his wife became quite agitated with him. She suggested he go and do something to occupy his time, like join a club or get a hobby. Simon obliged and went out for a couple of hours. When he got home his wife asked about his day and Simon replied, "Oh I just went down to the park and hung out with the guys. And oh yeah, I joined a parachute club. "What? Are you nuts? You're 67 years old and you are going to start jumping out of airplanes?" "Yeah, look I even got a membership card". "You crazy old man, where's your glasses! This is a membership to a Prostitute Club, not a Parachute Club!" "Oh, great! Now what am I going to do? I signed up for 5 jumps a week!"



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”.

Take a deep breath and relax for a couple of minutes.
See how you go this time – 24 animals and birds to find.



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

There are 26 words to find this time – AARDVARK BISON CAT CATTLE
 COUGAR DOG DOLPHIN DUCK ELEPHANT EMU FERRET
 GIRAFFE GORILLA HORSE HYENA KANGAROO LION MOUSE
 PIG PLATYPUS POLAR BEAR PYTHON TIGER TURTLE

OMU proudly and generously supported by the Queensland Government.

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