

OLDER MEN UNLIMITED HERVEY BAY



OMU LOCAL

INCORPORATING
MARYBOROUGH

MAY 2023

Patron: George Seymour (FCRC Mayor)



Meeting 22nd May 2023

MANAGEMENT COMMITTEE AND CONTACT NUMBERS

<u>Position</u>	<u>Name</u>	<u>Phone</u>	<u>Mobile</u>
President	John Lawrence	4128 3630	0483 188 545
Vice-President	Des Langford	4124 5887	0458 087 992
Secretary	Chris O'Brien		0490 188 571
Treasurer	Ian Paxton		0437 247 816
Committee	Glen Miller	4121 4724	0417 606 874
	Denis Biddle		0414 507 932
	Russell Pool		0499 504 597
	Peter Scanlon		0431 613 942
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 CONVENER

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	JOHN LAWRENCE	4128 3630

REPORTS

PRESIDENT:

Another month has gone by and we have made even more progress in OMU. Quite a few members in Maryborough and Hervey Bay have availed themselves of the extra service the Roy Barnes Legacy has provided. Massages are the thing with good reports from all recipients. The lap tops have arrived in Maryborough HQ and have been well received. The "Shed" for Ravenshill is also underway and should be completed in the near future.

(Fanfare) – A brand new 75" television with sound bar should be installed this week – at last eh Rod. Just in time for State of Origin-Perhaps!! We are also taking delivery of a brand new second hand Toyota Van to help run the Pier Market Sausage Sizzle. It will be used to transport all the gear required and take the burden off the Vollies and Partners, the pong of sliced onions lingers. The Club will also be subsidizing entrance fees to Venues on the monthly bus trips. We will be having a Memorial to Members for family and friends. It will be good to remember the good times shared.

Keep watching for more at OMU.

John Lawrence

MARYBOROUGH

The walking group is still steaming ahead. Had quite a few fellas for the free breakfast on the first Wednesday of the month, each week the number varies, a pleasant social morning for OMU members – walk at your own pace, new members are always welcome. It has been decided that the free breakfast will be at random now.

The monthly bus trip was to Theebine and a look at the Dickabram Bridge. Lunch was at the Theebine Pub, apparently, the meal was pretty good. On the way home, members had a drink at the Prince Albert Pub at Gundiah. I was told 15 fellas enjoyed the day. Cheers Richard

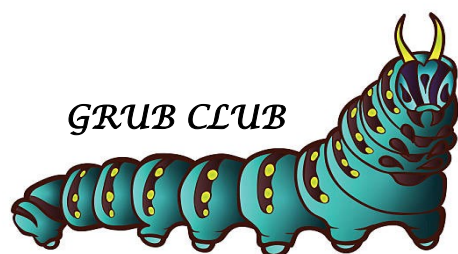
The proposed fishing trip from Tin Can Bay on the 6th of April had to be postponed because the charter boat that was to be used broke down and couldn't be repaired in time. At the moment the trip will go ahead in May.

The workshop is doing some interesting things – restoring a small cannon and making an order of 20 bat boxes is nearly complete.

Bunnings sausage sizzle on the 11th April was a bit down on previous ones. There was a Swap Meet at the showgrounds on the same day so this may have made the difference? Thank you to the members who put their hands up to volunteer – your efforts are very much appreciated – thank you.



It has been decided to have a sign made to put on the centre advertising that we have items for sale and that a table will be placed outside on it.



We see them here, we see them there, we see those noisy buggers everywhere. They seem to pop up all over Hervey Bay. Moving from Restaurant to Cafe like a plague for hungry grasshoppers, devouring everything in their path. Due to Family commitments, I missed the Chit Chat Whale Bay Asia event, but the Soccer Club calls. So see you thereon the 17 May. If you would like to join us, check with George Fox or me for future venues.

BUS TRIP

Rainbow Beach Bus Trip April 2023

We decided to travel to Rainbow Beach. We had a large contingent of 13 people attending.

We had our morning tea at Tinnanbar, delightful little spot near the water though a tad over cast and drizzling with rain. Though I never heard anyone complaining. We arrived at the Surf Lifesaving Club at Rainbow Beach with its spectacular views and good feed and a few a drinks.

We stayed until 2 pm partaking of a few drinks and the weather cleared due to our determined efforts.

We arrived safe at home about 3:45 pm.

So, if you enjoy a good yarn and a few drinks give the bus trip a try. Our next destination is Bert Hinkler Museum at Bundaberg and the Railway Hotel at Bundaberg for lunch, refreshments and a few drinks on 25 May, 2023.

Have Bus will Travel,
Packo

ART REPORT

The Art group has been travelling quite well with its numbers increasing over the past 6 months.

We seem to average about 10 attendees on Wednesday Morning. Even though a number of artists have been away on family and medical events unavoidable at our age.

Ray should take credit for a lot of the viability of this group as he puts in a considerable effort into the morning tea each week. He is also welcoming to all who attend and always encourages people to join in. Thanks Ray.

Everyone is working on their various projects in the numerous forms of art that is undertaken in the club.

If you are interested in having a go at art. We meet every Wednesday Morning 8 am till about 11 am.

El Packo

WALKING GROUP



The walking group in Maryborough is going great guns. A good walk, then breakfast then a talkathon. I believe the table does need a good clean underneath because of the type of conversations held!

Still no takers for our Hervey Bay Walking Group which is a great shame.

If you are thinking about it please come and have a chat with David and bring along a couple of "Sweetners" - who knows what we can organise

NEW MEMBERS: APRIL / MAY 2023

Geoff Bryant

Phil Shaw

Ken Tilling



BIRTHDAY BOYS: MARCH / APRIL 2023

David Dolan

Peter Bailey

Graham Chaplin

Henry Jackson

Ron Morris

Ron Cushway

Chris Reymers

Steve James

John Lindsey

Ken Tilling

Col Anson

Peter Banias

Frank Grant

Les Ison

**GO AHEAD,
HAVE A
HAPPY BIRTHDAY . . .**

**Your only as old as
you feel.
Will someone feel
me and tell me how
old I am ;)**



MEMBER'S BENEFITS

Don't forget all financial members are entitled to opportunities to enhance their lifestyle by:

- Free access to the Aquatic centres in Hervey Bay and Maryborough
- Regular massages in Hervey Bay and Maryborough
- Movie passes
- Bus Trips every month
- Access to computers and WiFi in Maryborough
- Members who have been financial for the past 5 continuous years will only have to pay half price for their membership (\$5.00)

At the moment David is negotiating smart phone and computer training with a local training provider.

OMU is always open to anything that will enhance its members lifestyle therefore, talk to David about any ideas / suggestions you have.

"Ideas are funny things"
"They don't work until you do"



Another complication relating to Diabetes

Symptoms of chronic kidney disease: what you may experience and why

Having a poor appetite, feeling nauseous or having a bad taste in mouth

Impaired kidney function leads to a build-up of toxins in your body. When the toxins that should have been flushed through your urine accumulate in your body, this condition is called uremia. And it causes side effects such as loss of appetite, nausea, vomiting, an odd taste in your mouth, and even bad breath.

Constant fatigue

Kidney damage leads to a shortage of oxygen-carrying red blood cells, leading to anaemia, a condition that can make you feel tired and weak.

Puffiness around the eyes or swelling in the limbs or face

A decline in kidney function can lead to fluid build-up in the body due to sodium retention. Leakage of protein into the urine can also cause fluid to move into the tissues resulting in swollen eyes or limbs.

Frequent shortness of breath

If there is fluid retention in the body due to impaired kidney function, there could be fluid build-up in your lungs putting pressure on your airways and making it difficult for you to breathe.

Frequent urination or experience unusual pressure when passing urine

The kidney's primary function is to flush out toxins and waste from the blood and maintain fluid balance in the body. The excess fluid and flushed-out toxins form urine, which moves down to the bladder. Any dysfunction in the kidneys can impact urination frequency.

Unusual colour or consistency of urine

The appearance of urine can change as the kidney function declines. The increased concentration of toxins, including blood, can make urine dark-coloured. Impaired kidney function also leads to too much protein leaking into the urine, making it foamy.

Unable to focus and often forget things

Cognitive issues, such as reasoning, memory, and concentration, may be associated with CKD, due to anaemia and build-up of toxins.

Trouble falling asleep, difficulty sleeping through the night, or waking up feeling breathless

Damaged kidneys retain toxins and fluids in the body and can affect the normal functioning of other organs, including the nervous system. And any change in the nervous system can in turn affect sleep patterns. Breathlessness at night may also result from fluid build-up in the lungs when you lie down.

Excessively dry or itchy skin, discolouration of nails or dark patches on skin

A decline in kidney function leads to an imbalance of minerals in your body along with a build-up of toxins. Elevated levels of calcium, phosphorus and other minerals can lead to issues with your skin and nails.

Frequent muscle cramps

Loss of kidney function can cause an imbalance in fluids and electrolytes in the body which can lead to cramping of muscles, especially in the legs.

How is kidney disease diagnosed?

The early stages of CKD rarely have any symptoms. Therefore, diagnosis is usually done through health screenings: a urine test to measure the albumin-to-creatinine ratio (ACR) or protein-creatinine ratio (PCR) and a blood test to determine the estimated glomerular filtration rate (eGFR).

What is ACR?

Albumin-to-creatinine ratio, or ACR, is a test for detecting albumin in the urine, an indication of CKD for patients with diabetes.

What is PCR?

Protein-creatinine ratio, or PCR, is a test that measures elevated protein levels in the urine, a common sign of kidney damage.

What does my eGFR level mean?

The estimated glomerular filtration rate (eGFR) is an indication of kidney function and is obtained through a blood test. eGFR below 60 ml/min indicates the onset of chronic kidney disease. An eGFR of less than 15 ml/min indicates [stage 5 of chronic kidney disease, also commonly known as end-stage kidney disease](#) or kidney failure.

What is the prognosis for chronic kidney disease (CKD)?

The prognosis depends on what stage your CKD is detected at, and not all CKD leads to kidney failure. Most people with CKD can manage their condition, and with the help of their healthcare team, may slow the progression of CKD.

HAVE A LAUGH

An elderly looking gentleman, (mid-nineties) very well dressed, hair well-groomed, great looking suit, flower in his lapel, smelling slightly of a good aftershave, presenting a well-looked-after image, walks into an upscale cocktail lounge.

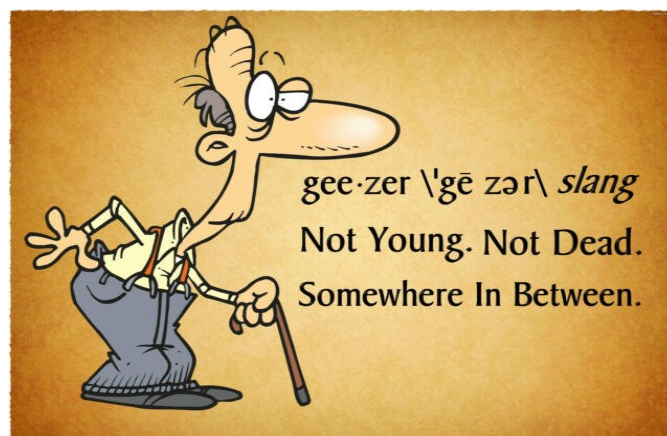
Seated at the bar is an elderly looking lady.

The gentleman walks over, sits alongside her, orders a drink, takes a sip, turns to her, and says, "So tell me, do I come here often?"



At a party, a young wife admonished her husband, "That's the fourth time you've gone back for ice cream and cake. Doesn't it embarrass you?"

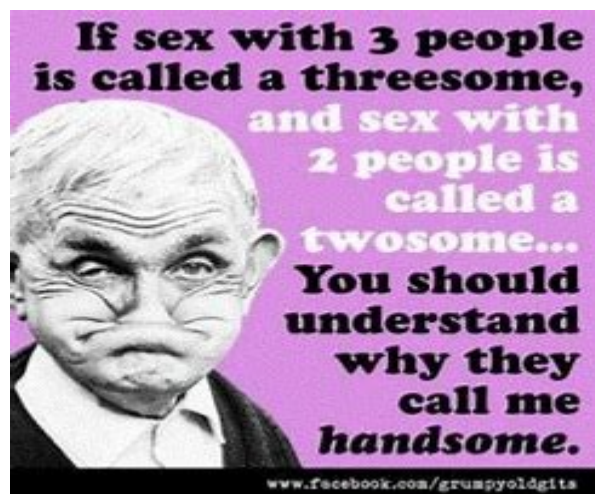
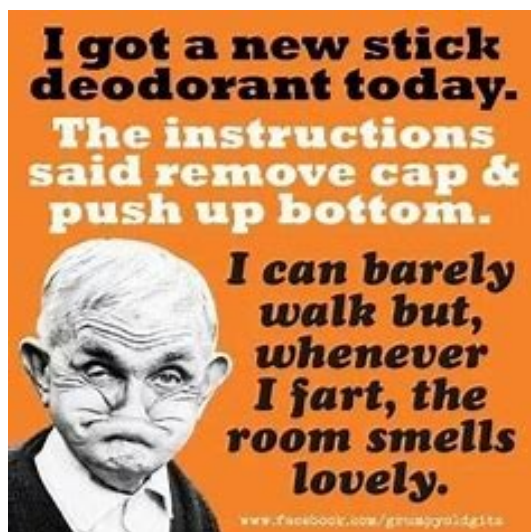
"Why should it?" answered her spouse. "I keep telling them it's for you."



Every time a little boy went to a playmate's house, he found the friend's grandmother deeply engrossed in her Bible. Finally, his curiosity got the better of him.

"Why do you suppose your grandmother reads the Bible so much?" he asked.

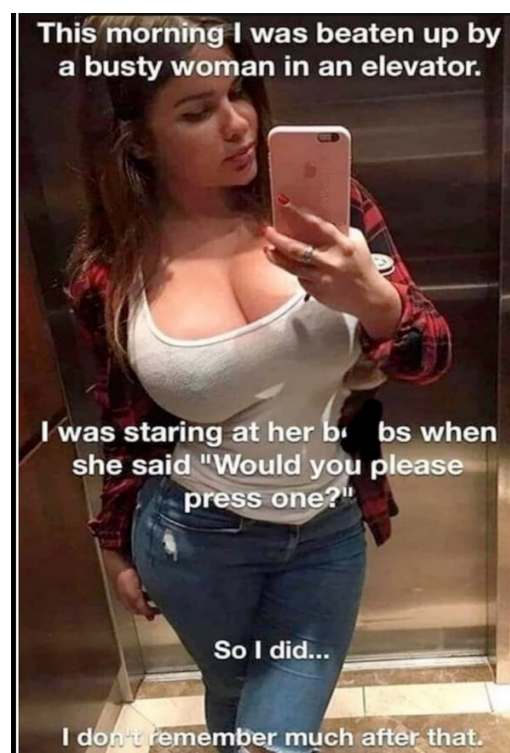
"I'm not sure," said his friend, "but I think she's cramming for her finals."

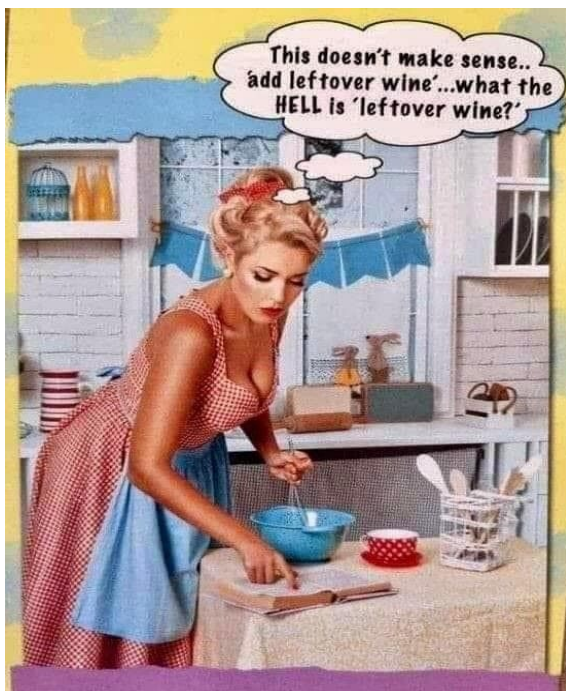


A man was telling his neighbour, 'I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect.'

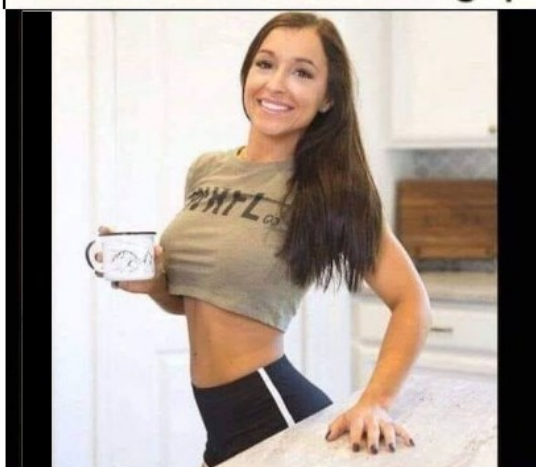
'Really,' answered the neighbour .. 'What kind is it?'

'Twelve thirty

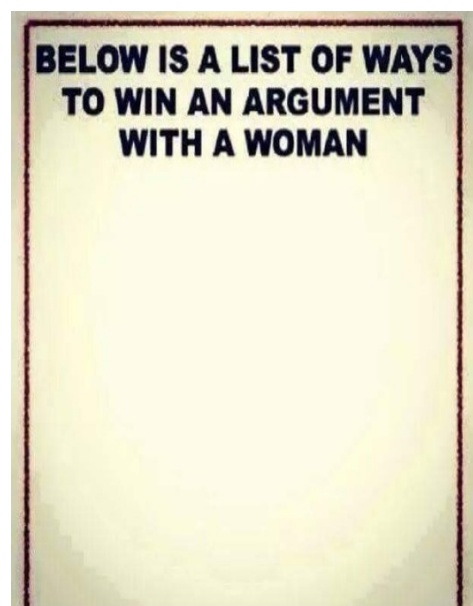




Girls mature faster than guys



Because men don't usually develop breasts until their mid 40's



Therapist: "You should get a therapy dog"

Me: *Sharing my problems to my therapy dog*

Therapy dog:



One day, Robbo was walking down the street when he saw his buddy Bruce driving a brand new ute.

Bruce pulled up to him with a wide grin." Bruce, where'd you git that truck?!?"

" Sheila give it to me" Bruce replied. "She give it to ya?I know'd she wuz kinda sweet on ya, but a new ute?" "Well, Robbo, let me tell you what happened.

We wuz drivin' out on the Isa Highway, in the middle of bloody nowheres.

Sheila pulled off the road, put the truck in 4-wheel drive, and headed into the scrub. She parked the ute, got out, threw off all her clothes and said, 'Bruce, take whatever you want!' So I took the ute! "

"Bruce , yore a smart bloke! Them clothes woulda never fit you!"

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TORQUAY HOTEL HERVEY BAY

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David’s email: manager@omu.org.au

Or phone: 4128 9011

There are 24 words this time – all to do with fruit



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

APPLE	APRICOT	AVOCADO	CHERRY	CUMQUAT	CUSTARD APPLE
FIG	GRAPEFRUIT	GUAVA	LEMON	LIME	LOQUAT
LYCHEE	MANDARIN	MANGO	MULBERRY	NECTARINE	OLIVE
ORANGE	PAWPAW	PEACH	PEAR	PLUM	QUINCE

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