

# OLDER MEN UNLIMITED HERVEY BAY



*"Age is just a number"* INCORPORATING  
MARYBOROUGH

## NEWSLETTER

June 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 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)

*Patron:* George Seymour (FCRC Mayor)

**Next Meeting 27<sup>th</sup> June 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



**New Word: Exhaustipated**

Here is a new word to add to your vocabulary.  
It will be especially useful to us senior folks!

Exhaustipated: meaning "too tired to give a ."



## OMU GROUP CONVENERERS

<b>ART</b>	<b>RAY CHESTERFIELD</b>	<b>4194 7010</b>
<b>CLUB ROOMS</b>	<b>CHRIS O'BRIEN</b>	<b>0490 188 571</b>
<b>MARYBOROUGH</b>	<b>GLEN MILLER</b>	<b>0417 606 874</b>
<b>OUTREACH</b>	<b>DAVID HOODLESS</b>	<b>4128 9011</b>
<b>RAFFLES</b>	<b>DAVID HOODLESS</b>	<b>4128 9011</b>
<b>SAUSAGE SIZZLES</b>	<b>JOHN LAWRENCE</b>	<b>4128 3630</b>
<b>SOCIAL ACTIVITIES</b>	<b>SIMON SWEETNAM</b>	<b>4194 1721</b>
<b>WALKING GROUP</b>	<b>JOE BRACKELS</b>	<b>4128 9473</b>

### REPORTS

#### PRESIDENT'S REPORT

Since the Covid rules have been eased, numbers are picking up once more at our morning teas and everyone is enjoying the get together with mates. Much ribbing and yarn telling being the order of the day!

The Pier Market sales of raffle tickets are doing very well and the team of sellers do a great job conning buyers into buying "The winning ticket worth \$1000 dollars" after all someone has to win.

John Lawrence and his team of sausage sizzlers are always well received at the market and do a brisk trade each week. Thank you all for a job well done. They are of course always ready to welcome others to join them.

It is wonderful to see new "YOUNG FACES" in our midst. You are welcomed with open arms. Older members don't forget to introduce yourselves it's okay you will not make them run a mile! For new members the fund-raising monies help to fund things like bus trips, boat cruises and lunches i.e. Christmas and Melbourne Cup, also BBQs. On all these occasions members are encouraged to bring their partners.

It is that time of year when subs are due. This may be the only thing that you pay this year that inflation has not affected at only \$10. Please see Ian Paxton ASAP with your money.

This year we have a new kitchen crew run by our wonderful secretary Chris O'Brien. He is also in charge of the Seagulls home games canteen of which money raised are shared equally with Seagulls. There are of course always room for others to help at either of these, just let Chris know. Thanks all for a job well done.

Last of all new members are always welcome. We are all able to encourage prospective new members to come and join our friendly group.

**Cyril Brown - President.**

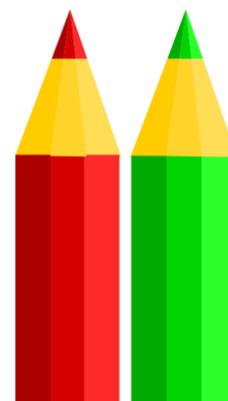
## ART REPORT:

A number of art projects are under way. Ray was looking doing something tropical fish we'll see how he goes. Joe finally had Noel to help him after a few weeks away. Noel is still working on horses. Steve is still beavering away at his fancy colouring in. Bruce has missed a couple of weeks on his really good frog focussed watercolours. Ian has started his next painting a Cheetah with a crook back leg yet to be fixed.

Numbers have fluctuated in past few weeks relative to the temperature outside. Mick and John two of our regulars have been absent for few weeks with the music being a little light on as Mick is our chief disc jockey.

Ray still puts together a great morning tea for the artists and any other people who drop in. "Happy" is a regular attendee and is always welcomed by all.

Hopefully with the weather improving more attendees will arrive.



## 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.

**DAVID HOODLESS**

## CLUBROOMS

Another busy time (May /June) at the clubrooms with 169 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). If there is an activity that you would like to share with other members at the Clubroom, we have Thursdays free.

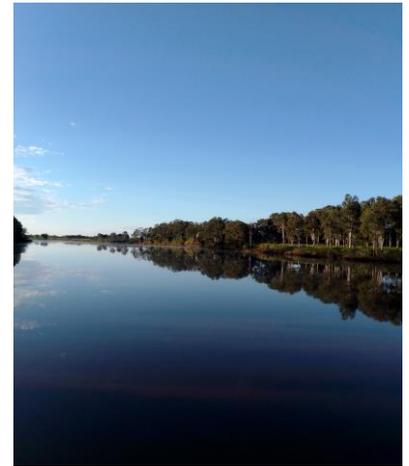
**Good news!** OMU has purchased a new Chair Stair Lift. The funds have come from money raised from our Raffle, Sausage Sizzle and the catering we do for the Seagulls Football Club. This will assist quite a few members up the front stairs instead of using the ramp. To be installed next month (July)

**DAVID HOODLESS**



## MARYBOROUGH

This month – a report on the Maryborough Walking Group. The cooler weather has not deterred the walkers, however last week the numbers were only 3 walkers and two other fellows came for breakfast. The reason being, some of the regular walkers were out of town. The morning walk is a great social event for OMU members to meet up, walk at their own pace, the enjoy a nice breakfast and solve the world’s problems at the same time. The next walk will be the Golf Course Walk. Cheers Richard.



There is nothing like a trip away to make you appreciate what you have at home.

We have just returned from a three week drive down the NSW coast to Newcastle and during a few days at Evans Head, saw the devastation at Lismore, Woodburn and the Richmond Valley.

As bad as the flooding gets here in Maryborough, it is miniscule in comparison to what has happened to those communities. Life on the Fraser Coast is pretty good!

This month has been good for OMU Maryborough. The June 4 Sausage Sizzle raised \$740.00. Our next one is on July 2. Tony Prove, our June Guest Speaker spoke about the history of Walkers Ltd, EDI and now Downers Engineering and took some of our members back to their apprenticeship days at Walkers. Some members knew Tony’s parents which made the session an enjoyable one. There is an invitation for members to tour the Downer plant, sometime in the future. The bus trip to Tin Can Bay was a good one with a nice lunch at the Country Club.

As I missed all of this, I am looking forward to catching up in July.

## GLEN MILLER

### 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

### FEASTING WITH FOOLS

Episode 1015 in the never-ending story of the O.M.U. Lunch Group – rabble would be a better description – and I am writing this next chapter after a great lunch at Bays Water at Urangan. I missed Fish N’Grill last week but the Torquay Hotel was great. The only small hiccup was 10 old men ordered the steak – always fantastic choice – and chaos ensued. Fortunately, they managed to sort out who ordered what and eventually all had received the correct meal and order was restored.

A notable absence from the last 2 dinner dates has been our “inspirational” leader? and guru of gastronomy, Simon, if you had what I have you’d be dead, Sweetnam. We have certainly missed his sparkling wit and incisive knowledge of all things political, religion and all sporting matters. Strangely he hasn’t been seen since the Blues lost spectacularly on home ground. At the interview after the game Brad Fittler, or Big Freddy as he is known in certain parts of Sydney or so I am led to believe, looked like he had sucked a particularly sour lemon.

Simon the slow has contracted a very severe case of creeping Tinea and has been forced to change the House name from “The Little House on the Prairie to “Footrot Flats”. If the worst happens and Simon loses a leg, plans are well in hand for OMU to back a production of “Treasure Island the Musical” in which Simon has been penciled in for the leading role. I would say he not only fills the role he overflows a little. This week we ‘ll be at “Thai Smiles” a popular choice.

**PS** It has been fantastic to see a couple of lunch group who have been missing recently – Trevor Dong and Denis Love. Great to see you back boys.

Till next time

JBL

### FUNDRAISING

May / June has been a busier and better month when it comes to fundraising. Especially with the Seagulls and at the Urangan Pier Market on Saturdays. The weather has been much kinder to us. Many thanks to all of those members who are helping OMU out. Much appreciated



### NEW MEMBERS – MAY / JUNE

Peter Warnes            Len Knight  
Dennis Goudie        Harry Duncan



Is this you Simon???



## HAVE A LAUGH

### A Couple Meet Online

They were both members of a senior chat site, and eventually started PMing each other, and then decided to meet in person.

That's when she discovered her mistake: she thought it was for seniors in college, where she was a cheerleader, but it was actually senior citizens. Her date was 73 years old, much more than her 22. He was dumbstruck; she was the most beautiful woman he'd ever seen, but 51 years younger than him. After reflecting on it, she decided to stay with him: he was the only man she'd ever met who liked her without seeing her first. He liked her for who she was, not just her body.

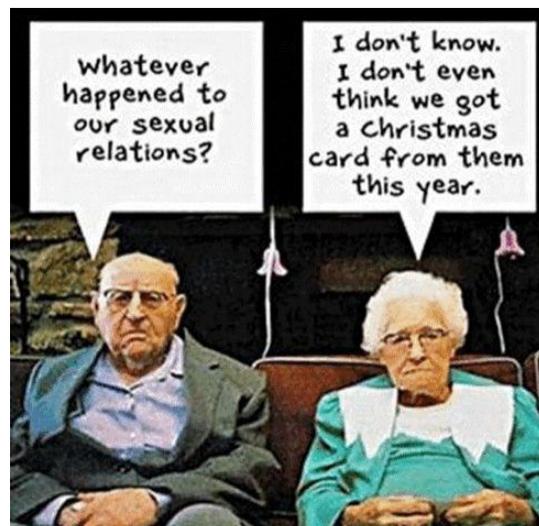
They got married. She was determined to make his remaining years of life as wonderful as she could. For their wedding night, they had arranged to have adjoining rooms, because she didn't want to wear him out.

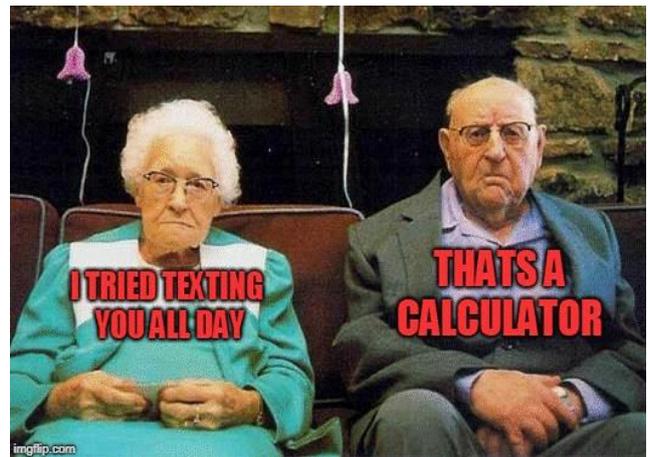
When they got to the hotel, he didn't try to carry her across the threshold. He went to his room, she went to hers, and said she would be waiting for him. A few minutes later, there was a knock on the door, and she said "Come in!" He did, and they consummated their love. After cuddling for a while, he tenderly kissed her on the head and went back to his room.

She made ready for bed, and there was a knock at the door, and she said "Come in." Her husband entered the room, ready for action, and again they united physically. After cuddling, he tenderly kissed her on the head and went back to his room.

Now she was tired out, but there was a knock at the door. She said "Come in?" Her husband came in, ready for a third round. Once again, they made the beast with two backs. As they cuddled in the bed, she said "Honey, I have to say I'm amazed. I was worried about your health, but now that seems silly. I've been with men 1/3 your age who could barely have sex twice in one night, and here we are at three!" And he said "You mean I was here before?"

### Sitting on the couch with Edna and Ted





### DID YOU KNOW?

If you yelled for 8 years, 7 months and 6 days you would have produced enough sound energy to heat one cup of coffee. (Hardly seems worth it.)

If you farted consistently for 6 years and 9 months, enough gas is produced to create the energy of an atomic bomb. (Now that's more like it!) (I already have 2 bombs)

The human heart creates enough pressure when it pumps out to the body to squirt blood 10 metres (O.M.G.!!)

A pig's orgasm lasts 30 minutes. (O.M.G.!!!)

A cockroach will live nine days without its head before it starves to death. (Creepy) (I'm still not over the pig.)

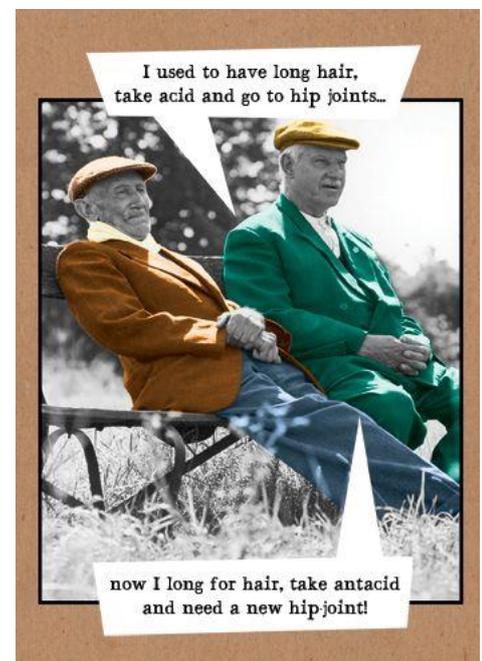
### FOR SALE:

Kyocera Colour Photocopier / Scanner.  
2 years old \$200.00



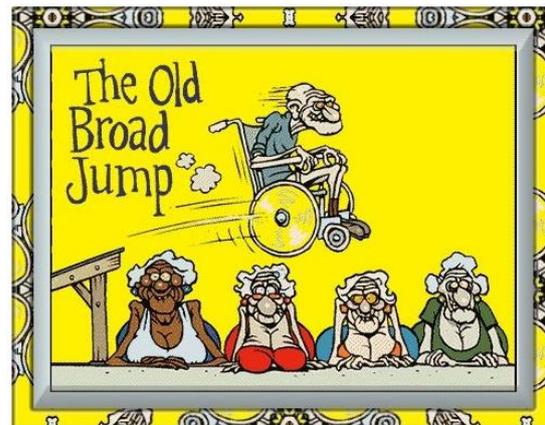
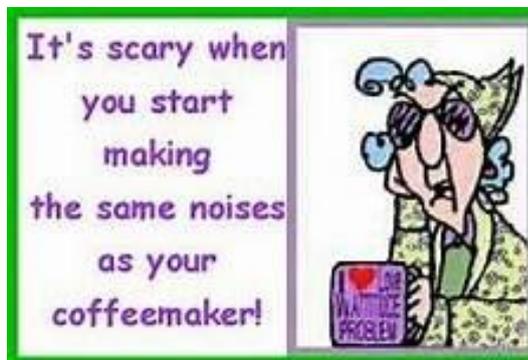
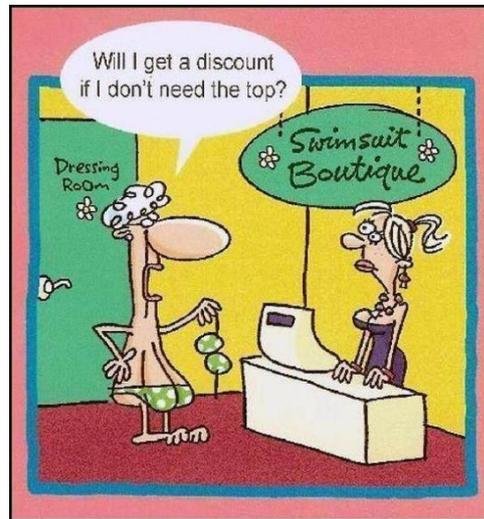
### BIRTHDAY BOYS – JUNE

- |                 |             |                |
|-----------------|-------------|----------------|
| George Fox      | Paul Ahern  | Bruce Wimpenny |
| John Burkinshaw | Ken Seng    | Len Shaw       |
| Peter Cooper    | Ken Rooney  | Brian Gardner  |
| Len Manski      | Cyril Brown | Darryl England |
| Perry Batterham | Bevan Brett |                |



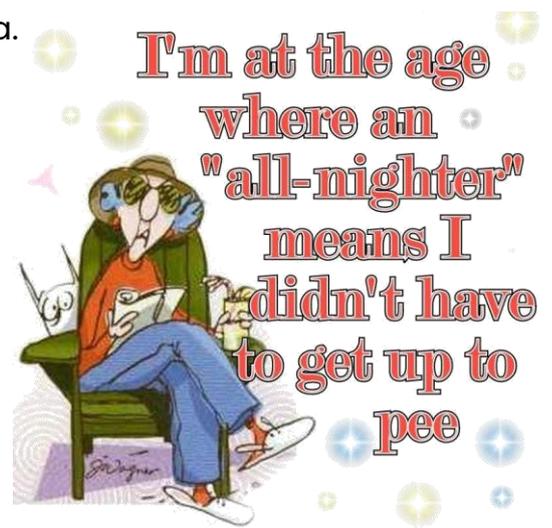
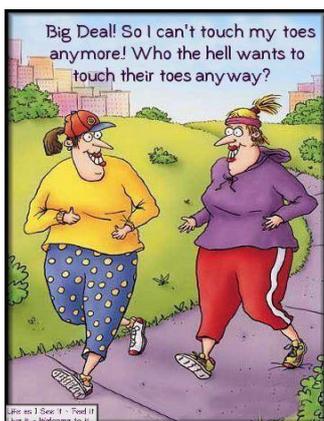


"Male, 38, still living with his parents. They asked us to keep him overnight, so they could change the locks."



**SOME FACTS ABOUT OUR GREAT COUNTRY:**

1. The Australian Alps get more snow than the Swiss Alps.
2. 90% of Australians live on the coast.
3. Tasmania has the cleanest air in the world.
4. The Great Barrier Reef is the largest ecosystem in the world. It is made up of nearly 3,000 individual reefs and can be seen from space.
5. Australia has over 60 separate wine regions.
6. Fraser Island is the largest sand island in the world.
7. The Indian Pacific train has the longest straight section of train track in the world.
8. The Great Ocean Road is the world's largest war memorial.
9. 80% of Australian animals are unique to Australia.
10. 5 km of Uluru is underground.



## PARKINSON'S (PD)

### WHAT IS PARKINSON'S?

Parkinson's is a progressive neurological condition that can affect anyone. Parkinson's is the second most common neurological condition and latest research estimates indicates that more than 100,000 Australians are living with Parkinson's. Parkinson's is a complex condition with a wide variety of symptoms. Symptoms start to appear when the brain can't make enough dopamine to control movement properly.

### SYMPTOMS

The three main, and commonly recognised symptoms are tremor, slowness of movement and rigidity. There are many other symptoms and researchers are working hard to understand how these all interact.

The average age of diagnosis is 65 years. Younger people are also diagnosed with Parkinson's and this is called Young Onset Parkinson's. Around 20% of people living with Parkinson's are of working age.

People with Parkinson's don't have enough of the chemical dopamine because some of the cells that produce dopamine have died.

It is not easy to diagnose Parkinson's. There are no laboratory tests (such as a blood test or brain scan). Often a diagnosis is made by a specialist, such as a neurologist based on clinical signs and symptoms. The specialist will examine for any physical signs of Parkinson's and take a detailed history of symptoms.

We don't know why people get Parkinson's. There are many theories, and it is generally thought that multiple factors are responsible. Possible causes or contributing factors may include genetic changes, environment factors, oxidative stress or a combination of these.

Through research, our understanding of the possible causes of Parkinson's is increasing all of the time.

Parkinson's is categorised by clinicians as a "movement disorder" and symptoms may include muscle rigidity, tremor, postural instability and bradykinesia (slowness of movement). Many people think of tremor in Parkinson's but in around 30% of cases tremor is not present.

Parkinson's doesn't just affect movement. Non-motor symptoms such as pain, sensory changes, changes in the gastrointestinal system, depression and problems with memory, thinking and sleep can also occur and have an impact on the day-to-day life of the person with Parkinson's.

### PROGRESSION OF PARKINSON'S

Every person is unique and each person is affected differently by Parkinson's. Every Parkinson's patient is different and will have a different combination of symptoms and different levels of progression. How Parkinson's can affect someone will change from

day to day, sometimes from hour to hour. However, most people's life expectancy doesn't change much because of Parkinson's.

Your journey will be different to many others, and share some common things too. Many people with Parkinson's lead active lives and one of the most important parts of managing with Parkinson's is learning how it affects you and how to manage your life with it.

Keeping a positive outlook, especially as the condition changes, is vitally important, if not always easy.

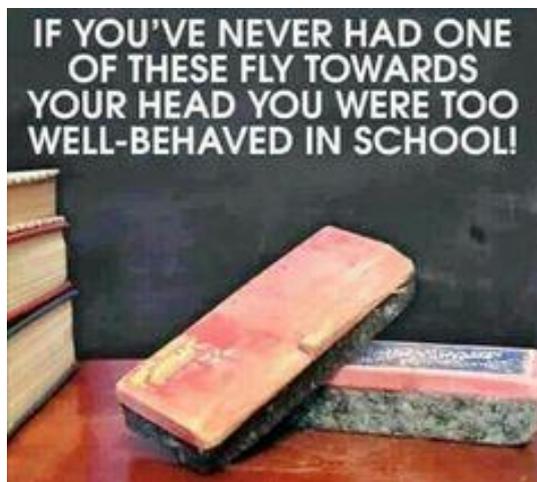
### THERE IS CURRENTLY NO KNOWN CURE.

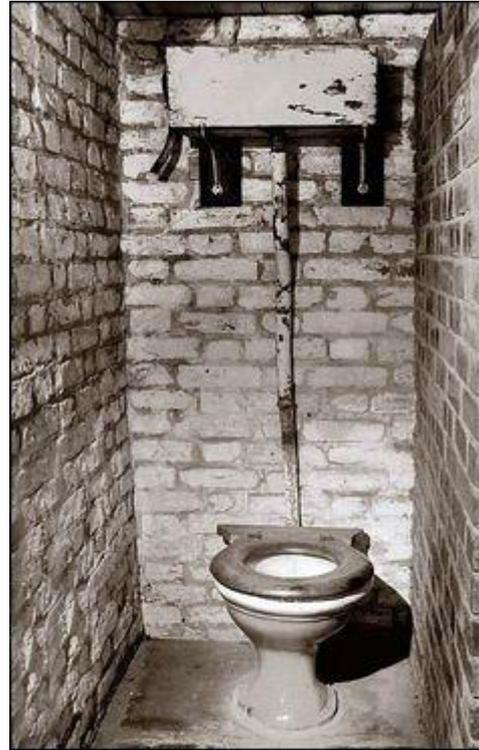
However, there are many treatments available that can allow a person with Parkinson's to lead a fulfilling and productive life. Treatments can assist in managing your symptoms and providing a high quality of life for many years to come.



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](mailto: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.

### Remember these from the "Olden Days"





Remember the spiders you counted while sitting and thinking?

Not fast food but a smile, a friendly chat and a meal

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Meals on Wheels  
Fraser Community

**NEXT MORNING TEA MEETING**  
**(MONDAY) 25<sup>TH</sup> JULY 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.



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](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".

**RIDDLES – How is your brain?**

- 1 – I am not alive, but I grow; I don't have lungs, but I need air; I don't have a mouth, but water kills me. What am I?
- 2 – I make two people out of one. What am I?
- 3 – The more you take away, the more I become. What am I?
- 4 – I am a word of six; my first three letters refer to an automobile; my last three letters refer to a household animal; my first four letters is a fish; my whole is found in your room. What am I?
- 5 – I am wet when drying. What am I?

**ANSWERS**

- 5 – FIRE
- 2 – MIRROR
- 3 – A HOLE
- 4 – CARPET
- 5 – TOWELL

**OMU MEMBERSHIP FEES ARE DUE NOW - \$10.00**  
**PAYMENT EITHER CASH OR EFTPOS**

**Let's not forget the "Dad jokes"!**

- 1 I asked the IT guy, "How do you make a Motherboard?" He said, "I tell her about my job."
- 2 Why was Cinderella dropped from the soccer team? She kept running away from the ball.
- 3 I wanted my kids to watch the orchestra, but I had to turn it off. Too much sax and violins.
- 4 Peter Pan is a terrible boxer. Whenever he throws a punch, it Neverlands.
- 5 A century ago, two brothers decided it was possible to fly. And as you can see, they were Wright.

**Take a deep breath and relax for a couple of minutes.  
See how you go this time –**



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

- There are 24 words to find this time –
- |           |           |           |
|-----------|-----------|-----------|
| MONDAY    | TUESDAY   | WEDNESDAY |
| THURSDAY  | FRIDAY    | SATURDAY  |
| SUNDAY    | TODAY     | WEEKEND   |
| YESTERDAY | TOMMORROW | LAST WEEK |
| NEXT WEEK | YEAR      |           |
| MONTH     | JANUARY   | DECEMBER  |
| MARCH     | APRIL     |           |
| MAY       | JUNE      | JULY      |
| AUGUST    | SEPTEMBER |           |

**OMU proudly and generously supported by the Queensland Government.**

Funded by

