

OLDER MEN UNLIMITED HERVEY BAY



OMU LOCAL

INCORPORATING
MARYBOROUGH

JUNE 2023

Patron: George Seymour (FCRC Mayor)



Meeting 26th June 2023

Guest Speaker: Kylie O'Brien (Friendlies Chemist)

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

**Women have only 2
problems.
1. Nothing to wear.
2. No room for all
their clothes.**



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	JOHN LAWRENCE	4128 3630

REPORTS

PRESIDENT:

Another month has gone by and OMU moves ahead. More people have taken advantage of all the new services. We as a club provide such as movie passes, massages, bus trips once a month and many others. As an extra OMU will pay entrance fees to various venues which will open up many more places to visit. Also, a reminder annual membership fees are due, \$10 a year is very cheap for what we provide. If you have been a member, for 5 years or more just a fiver will do, but you can still pay the \$10 if you wish. We also took possession of a brand new, shiny second-hand Toyota LWB Van. We have used as a delivery vehicle for the Pier Markets and has proved to be a godsend as now storage under the old Sporties is no longer available. We will be modifying to suit all this extra gear which we need to move every Saturday at 4.30am in the cold. We have also welcomed quite a few new members to the Club in the past month which is a good thing. We need new people to keep the Club alive and kicking

John Lawrence

President

MARYBOROUGH

Another great month in Maryborough. 140 members have attended the centre during the month May. We have completed a table for a private customer, the restoration of a model canon and the last 20 of the bat boxes.

The Fishing Group went to Tin Can Bay on the 25th. It was attended by eight members, but unfortunately the water was very rough and few fish were caught, probably because of the excess amount of burley spread during the trip. Some believe that the fish were so confused and left our baits alone. Plenty of experience was gained by all though.

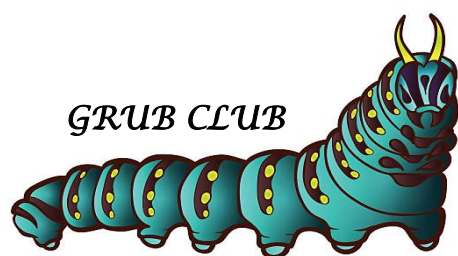
The Walking Group is sticking it out, with the breakfast being the highlight of the morning where the usual talkfest covering a lot of topics is ongoing. You walk at your own pace and new OMU members are most welcome. The free breakfast is now any Wednesday morning, so a surprise for all walkers.

Outreach visits have been proceeding as planned with 2 – 3 members attending most venues. Eight men from the Maryborough Community Care home visited the Activities Centre on Wednesday 24th for morning tea. One resident from Yaralla has also been attending the workshop on a weekly basis with Peter Cooper.

The last bus trip was enjoyed by 13 members who also had lunch at Woodgate and then enjoyed the inevitable stop at Mammino's Ice Creamery on the way home.

The funding provided by the Roy Barnes Legacy has allowed our members to receive therapeutic massages, which have benefitted those members who have received them.

GLEN



The Grub Club is becoming more popular as we speak. We have expanded to 12 to 15 and the Cafes and Eateries we are visiting has expanded. As well as our usual haunts such as Fish and Grill, Central on Seven, Torquay Hotel and many more we have added Pier Village Café and the Boat Club which both proved good value for money. I would like to thank Bob the Dog for his unending search for new and interesting spots to eat, and his last effort looks particularly intriguing it's called "The Pogi Pot". A South African inspired restaurant and what those Boers can do with various parts of cow I can hardly wait to sample. There is also a shop in Queens Road if you want to buy all things in the food and drink line. We are always looking for new members with new ideas to help expand our horizons.

JBL

BUS TRIP

Bus Report for May 2023

The Bus Trip went to Bert Hinkler's Museum in North Bundaberg. There were 13 intrepid explorers on board. Frank, one of our regulars wasn't there and we wish him a speedy recovery. We had morning tea at Apple Tree Creek with Flanagan deciding to make iced coffee with the cold-water jug. Note to self, put sign on the cold-water jug that it is cold water. Bus then headed to Bert Hinkler Museum, the Museum is first rate with his plane and numerous activities which kept up occupied for a good hour and a bit. If you haven't been this place is definitely worth a visit.

We then headed to Railway Hotel also known as the Spotted Dog one of our favourite water holes with good food and drinks. The Tuscan Beef Casserole proved to be popular among some of the diners. We then travelled to Childers for an ice cream before heading home which we reached about 4:15.

Steve Nash did the impossible in the back of the bus reading a book with considerable noise and rattling.

I think everyone had a good time at least I never received any complaints.

Next trip will be to the Eumundi Pub in June.

Signed Tour Operator Packo.

WALKING GROUP



The Walking Group in Hervey Bay is starting to gear up with a small group meeting at the Elizabeth Street Botanical Gardens Urangan.

OMU members are most welcome to join in. The walk commences at 8.30 am. Afterwards there is coffee (paid for by OMU) at the Pastry Pie & Paradise opposite.

If you can't make it on the Thursday and you want to walk on another day, come and talk to David.

NEW MEMBERS: MAY / JUNE 2023

Victor Behrens
Kevin Smith
Manny Dubroy

Jeff Amy
Steve Froome
Darryl Kent

John Heim
Michael Protheroe
Bill Johnston



BIRTHDAY BOYS: MAY / JUNE 2023

George Fox	Gerry Vogels	Bruce Wimpenny
Ken Seng	Len Shaw	John McGann
John Henry	Peter Cooper	Ken Rooney
Len Manski	Cyril Brown	Darryl England



MEN'S HEALTH

Male depression: Understanding the issues

Male depression is a serious medical condition, but many men try to ignore it or refuse treatment.

The signs and symptoms — and what to do.

Do you feel irritable, isolated or withdrawn? Do you find yourself working all the time? Drinking too much? These unhealthy coping strategies may be clues that you have male depression.

Depression can affect men and women differently. When depression occurs in men, it may be masked by unhealthy coping behaviour. For a number of reasons, male depression often goes undiagnosed and can have devastating consequences when it goes untreated. But male depression usually gets better with treatment.

Male depression signs and symptoms

Men tend to use different coping skills — both healthy and unhealthy — than women do. It isn't clear why men and women may experience depression differently. It likely involves a number of factors, including brain chemistry, hormones and life experiences. Like women with depression, men with depression may:

- Feel sad, hopeless or empty
- Feel extremely tired
- Have difficulty sleeping or sleep too much
- Not get pleasure from activities usually enjoyed

Other behaviours in men that could be signs of depression — but not recognised as such — include:

- Escapist behaviour, such as spending a lot of time at work or on sports
- Physical symptoms, such as headaches, digestive problems and pain
- Problems with alcohol or drug use
- Controlling, violent or abusive behaviour
- Irritability or inappropriate anger
- Risky behaviour, such as reckless driving

Because these behaviours could be signs of or might overlap with other mental health issues, or may be associated with medical conditions, professional help is the key to an accurate diagnosis and appropriate treatment.

Male depression often goes undiagnosed

Men with depression often aren't diagnosed for several reasons, including:

- Failure to recognise depression. You may think that feeling sad or emotional is always the main symptom of depression. But for many men, that isn't the primary symptom. For example, headaches, digestive problems, tiredness, irritability or long-term pain can sometimes indicate depression. So can feeling isolated and seeking distraction to avoid dealing with feelings or relationships.
- Downplaying signs and symptoms. You may not recognise how much your symptoms affect you, or you may not want to admit to yourself or to anyone else that you're depressed. But ignoring, suppressing or masking depression with unhealthy behaviour will only worsen the negative emotions.
- Reluctance to discuss depression symptoms. You may not be open to talking about your feelings with family or friends, let alone with a doctor or mental health professional. Like many men, you may have learned to emphasise self-control. You may think it's not manly to express feelings and emotions associated with depression, and you try to suppress them.
- Resisting mental health treatment. Even if you suspect you have depression, you may avoid diagnosis or refuse treatment. You may avoid getting help because you're worried that the stigma of depression could damage your career or cause family and friends to lose respect for you.

Male depression and suicide

Although women attempt suicide more often than men do, men are more likely to complete suicide. That's because men:

- Use methods that are more likely to cause death, such as guns
- May act more impulsively on suicidal thoughts
- Show fewer warning signs, such as talking about suicide

If you have suicidal thoughts

If you think you may hurt yourself or attempt suicide, get help right now:

Call 000 immediately.

Contact Lifeline 13 11 14 or Beyond Blue 1300 224 636

Selectability 1800 133 123

Reach out to a close friend or loved one — even though it may be hard to talk about your feelings.

Consider joining a men's health group that deals with depression.

Call a suicide crisis centre hotline.

Make an appointment with your doctor, other primary care provider or mental health professional.

Get help when you need it

Asking for help can be hard for men. But without treatment, depression is unlikely to go away, and it may get worse. Untreated depression can make you and the people close to you miserable. It can cause problems in every aspect of your life, including your health, career, relationships and personal safety.

Depression, even if it's severe, usually improves with medications or psychological counselling (psychotherapy) or both. If you or someone close to you thinks you may be depressed, talk to your doctor or a mental health professional. It's a sign of strength to ask for advice or seek help when you need it.

Male depression and coping skills

Treatment, including psychotherapy, with a mental health professional can help you learn healthy coping skills. These may include:

- **Goals.** Set realistic goals and prioritise tasks.
- **Support.** Seek out emotional support from a partner or family or friends. Learn strategies for making social connections so that you can get involved in social activities.
- **Coping.** Learn ways to manage stress, such as meditation and mindfulness, and develop problem-solving skills.
- **Decisions.** Delay making important decisions, such as changing jobs, until your depression symptoms improve.
- **Activities.** Engage in activities you typically enjoy, such as ball games, fishing or a hobby.
- **Health.** Try to stick to a regular schedule and make healthy lifestyle choices, including healthy eating and regular physical activity, to help promote better mental health.

Many effective treatments are available for depression. So don't try to tough out male depression on your own — the consequences could be devastating.

MEMBER'S BENEFITS

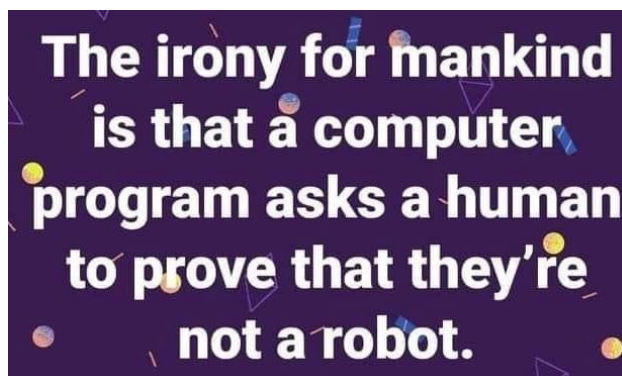
Don't forget all financial members are entitled to opportunities to enhance their lifestyle by:

- 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 Wi-Fi 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.

HAVE A LAUGH



One day an Irishman who had been stranded on a deserted island for over 10 years, saw a speck on the horizon. He thought to himself, "It's certainly not a ship." And, as the speck got closer and closer, he began to rule out the possibilities of a small boat or even a raft. Suddenly there emerged from the surf a wet-suited black clad figure. Putting aside the

scuba gear and the top of the wet suit, there stood a drop-dead gorgeous blonde! The glamorous blonde strode up to the stunned Irishman and said to him, "Tell me, how long has it been since you've had a cigarette?"

"Ten years," replied the amazed Irishman. With that, she reached over and unzipped a waterproofed pocket on the left sleeve of her wet suit, and pulled out a fresh pack of cigarettes. He takes one, lights it, and takes a long drag. "Faith and begorra," said the man, "that is so good I'd almost forgotten how great a smoke can be!" "And how long has it been since you've had a drop of good Irish whiskey" asked the blonde. Trembling, the castaway replied, "Ten years." Hearing that, the blonde reaches over to her right sleeve unzips a pocket there and removes a flask and hands it to him. He opened the flask and took a long drink. "Tis the nectar of the gods!" stated the Irishman. "Tis truly fantastic!!!" At this point the gorgeous blonde started to slowly unzip the long front of her wet suit, right down the middle. She looked at the trembling man and asked, "And how long has it been since you played around?" With tears in his eyes, the Irishman fell to his knees and sobbed; "Sweet Jesus! Don't tell me you've got golf clubs in there too!"

When you're stressed, you eat ice cream, cake, chocolate and lollies.

WHY?

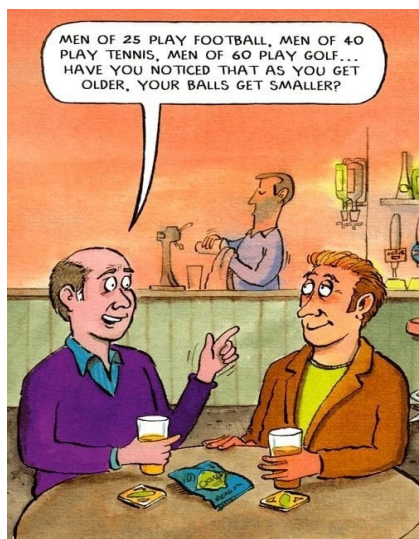
Because "stressed" spelt backwards is "desserts"

5 ants rented an apartment with 5 other ants now they are tenants together.



I asked my daughter to give me the phone book. She laughed at me, called me a dinosaur and lent me her iPhone.

So, the spider is dead, the iPhone is broken and my daughter is furious.



WHEN YOUR HEADBOARD IS TO CLOSE TO THE WALL....



At my last colonoscopy I had the doctor write a note to my wife stating that my head was NOT up there...



Once my dog ate all the Scrabble tiles. For days he kept leaving little messages around the house.

I tried having my mother's phone disconnected, but the customer-service rep told me that since the account was in my dad's name, he'd have to be the one to put in the request. The fact that he'd been dead for 40 years didn't sway her. Then a solution hit me: "If I stop paying the bill, you can turn off the service, right?" "Well, yes," she said reluctantly. "But that would ruin his credit."



Liz regrets asking her husband to "share his feelings more."

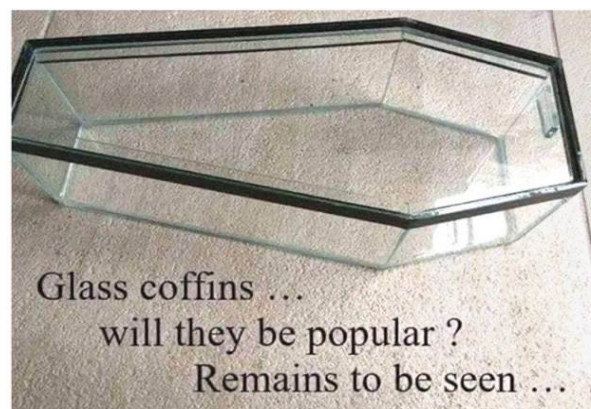
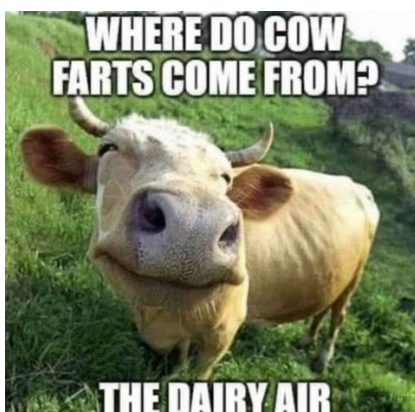
Shocks



Isn't that always the way it goes? If you make a big stinker in a co-ed washroom, there'll be a cute guy waiting to use it on the other side.



...if you're going to skip rope with your grandchildren you should wear a bra.



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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.

TORQUAY HOTEL HERVEY BAY

Darren Carter
General Manager

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Torquay Qld 4655

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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, 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

Or phone: 4128 9011

There is something fishy about this one – 21 words to find



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

The Fish are biting – see if you can find them?

BARRAMUNDI

BASS

BREAM

COD

CRAB

FLATHEAD

FLOUNDER

HERRING

KINGFISH

MACKEREL

OYSTERS

PRAWNS

QUEENFISH

SALMON

SCALLOPS

SNAPPER

SQUID

TROUT

TUNA

QUEENFISH

WHITING

OMU proudly and generously supported by the Queensland Government.

Funded by



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