

OLDER MEN UNLIMITED HERVEY BAY



"Age is just a number" INCORPORATING
MARYBOROUGH

NEWSLETTER

July 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 25th July 2022 Guest Speaker: Mike Hardy (Legacy)

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

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OMU GROUP CONVENERERS

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

We are now looking forward to our visit to the Hervey Bay Museum on the 17th August. Arriving at 10 am giving time for a wander around before a BBQ lunch. There will then be more time to look around before leaving for home at 2pm.

By now everyone will have seen our new chair lift making it more accessible for some of our members to attend our club rooms. For this we must thank "Bradnam's Windows and Doors" for kindly gifting the money to pay for this.

It is now time to think ahead to the AGM in October. A new committee will be voted in. There will need to be at least 2 new general members. Plus, Executive places available. Once more keep up the good work that you all do.

CYRIL BROWN

ART REPORT:

Art Group had their mid-year celebration at Kondari on 13 Wed. There was a good attendance by "artists" and their partners. Attendees included Ray and Maureen who we all thank for their efforts at the venue and made the day special for all. "Happy", Noel, Mick, Joe, Steve, Ray and Ian all who enjoyed the event. We hope the non-attendees are well or getting well and that we will see them next Wednesday. A birthday cake of magnificent proportions was presented to multiple persons with birthdays very close together. Joe played Errol Flynn and was able to cut a very difficult cake down to size .

but he like Errol managed to do the task. The art group was also joined by the dining group who had selected the same venue for their event.

Art work review: Ray is working on his tropical fish; Ray will do a great job on this one it looks good even with the blue water already done. Ian is working on a cheetah running through the grass currently it looks like an overgrown house cat suffering from piles attempting to run. I am hoping it will improve with further advice from my mentor Ray. If it can't be saved.



"Happy"

I might have to take up archery and see if I can bring down my cheetah with more practical measures. "Happy" and his carer are regulars these days and always help out after morning tea.

I will do a run down on the other artists next month.

IAN PAXTON

OUTREACH



Outreach has become quite confusing during the last month. Some of the places we visit have very strict entry conditions to prevent COVID however COVID has been present apparently leaving us (OMU) a bit undecided as to "do we go or not". However, we do visit a couple of places where all is good. The most popular place to visit is the afternoon "Happy Hour" with hot nibblies and drinks. All I hear is how the time goes very quickly and a good time was had by all.

DAVID HOODLESS

CLUBROOMS

Another busy time (June /July) at the clubrooms with 159 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! The chair lift has been installed and has been used a few times. Some more good news – I had a visit from Bradnam's Windows and Doors who have offer to pay for the full cost of the installed chair. OMU is very appreciative of their support – thank you.

DAVID HOODLESS



MARYBOROUGH

Maryborough members enjoyed the bus trip to Tin Can Bay. The weather was great. Morning tea was at Tinnanbar, looking out on a calm sea. Then off to Tin Can Bar, the fellas had a good look at the boat ramp area near the Yacht Club. The ramp was busy with launchings and retrieving their boats. Not sure if there were many fish caught? Lunch was at the Tin Can Bay Country Club a beautiful lunch was enjoyed in the Chinese Restaurant. Later a drive around Cooloola Cove then back to Maryborough.

The walking group is still powering on, the number of members does vary from time to time. Breakfast goes down very well; fellas can walk at their own pace. New members are always welcome to enjoy a great social morning – Cheers Richard.





MORE FROM MARYBOROUGH

Last Tuesday, the monthly bus trip went to Kenilworth, about 16 members enjoyed the day. Morning tea was near Gunalda, that went down well, then we turned off at Bell's bridge to see hundreds of solar panels near Woolooga, a huge farm. The bus took us through to Widgee & Glastonbury. We arrived at south Gympie, then on to Kenilworth for lunch. A great meal at the Kenilworth pub, then checked out the cheese factory, a very popular tourist spot. Later, we headed back home, via the Cooloola Coast Road to Maryborough, arriving back at 4:00 pm. The walking group is still going strong, even the weather does not stop, this activity. Breakfast is enjoyed later, with everyone adding to the conversation, covering various topics. Some walk days vary with how many members turn up. Cheers, Richard.

WALKING GROUP



The walking group has stalled a bit. Joe has been unwell of late and has been unavailable to continue. Therefore, we are looking for another member who would be interested with organising the walk. you will not be placed in the deep end AS David will support you to get started. This is a great activity and we are very keen for it to continue.

Please phone David 4128 9011 for more information.

Your interest is appreciated – thank you

DINING GROUP – DINING WITH DILLS

“Like sand through the hourglass, these are the days of our lunches”

Another month has gone past and the Lunch Group lurches from crisis to crisis. We visited and enjoyed Thai Smiles, Torquay Hotel, The Tavern, and Kondari. Unfortunately, at the Kondari we received the news of the passing of Trevor Dong. Small in stature but enormous in personality. Vale Trevor. On a happier note, those of us who could watch a valiant – backs to the wall – Team of Queensland wipe the small off Freddy “ The Failure” Fittler and the saggy baggy Blues. Get that up ya NSW



VALE TREVOR DONG

But, back to the food. This week we are off to Hog's Breath. Numbers have been down a bit and the main absence is of our noble leader, Simon Sweetnam. The poor man has caught what is known in medical terms as a very slow cold. Let's face it, it would have to be pretty bloody slow for Simon to catch it! Hurry back Simon – we all miss your um, er – I will get back to you.

George Fox has taken up the reins in Simon's absence and has kept us in line. As we appear to be moving into another COVID crisis – who knows where we will be next month.

JBL

PROSTATE CANCER

Prostate cancer is the most commonly diagnosed cancer in Australian men, with about 18,000 men newly diagnosed each year. More than 3300 Australian men die from prostate cancer each year.

Prostate cancer has one of the highest survival rates of all cancers, with 95% of men likely to survive five years or more. About 220,000 Australian men are alive today after a diagnosis of prostate cancer.

There are two proven risk factors that may increase the chance of developing prostate cancer:

Age: The risk of developing prostate cancer increases with age. The risk of getting prostate cancer by the age of 75 is 1 in 7 men. By the age of 85, this increases to 1 in 6 men.

Family history: You have a higher chance of developing prostate cancer if you have a father, brother or son who has been diagnosed with prostate cancer. The risk increases again if more than one close relative has prostate cancer. Risks are also higher for men whose relatives were diagnosed when young. A family history of other cancers, like breast and ovarian cancers, may also increase your risk of getting prostate cancer. In the early stages of prostate cancer, there may be no symptoms. In the later stages, some symptoms might include:

- Feeling the frequent or sudden need to urinate
- Finding it difficult to urinate (for example, trouble starting or not being able to urinate when the feeling is there or poor urine flow)
- Discomfort when urinating
- Finding blood in urine or semen
- Pain in the lower back, upper thighs or hips.

Many of these symptoms are common. They may not mean you have prostate cancer. But if you are worried about your symptoms, it is important that you talk to your doctor. Your doctor will usually do a PSA blood test and may do a physical examination and/or organise an MRI scan to check the health of the prostate. If these tests indicate a possibility of prostate cancer, you may need a biopsy.

Prostate specific antigen (PSA) blood test

PSA is a protein that is produced by the prostate gland. Higher than normal PSA levels can indicate prostate cancer. However, a high PSA test result does not necessarily mean cancer because other prostate conditions can also raise PSA levels.

Digital rectal examination (DRE)

A doctor can feel the size and shape of the prostate gland by inserting a gloved, lubricated finger into the patient's rectum. Sometimes a prostate cancer can be felt this way, but a normal DRE result does not necessarily rule out prostate cancer.

Magnetic resonance imaging (MRI) scan

An MRI is a scan to assess the size of the prostate and look for any abnormal areas. It is performed as an outpatient procedure (you do not need to be admitted to a hospital). You will lie on a special bed that passes through a narrow tunnel while the scans are being taken. If you have issues with claustrophobia, you may require sedation for this scan. If you have any metallic implants (e.g., screws or plates) in your body or medical devices (e.g., pacemaker, cochlear implant), or if you have had joint surgery, it is important that you tell your doctor.

Biopsy

A biopsy is a procedure where a needle is used to remove multiple small samples of tissue from the prostate gland. The samples are sent to a laboratory to be examined. This shows whether the cells in the prostate are malignant (cancerous) or benign (non-cancerous).

A biopsy is the only way a definitive diagnosis of prostate cancer can be made.

There are many different treatments available for prostate cancer. The type of treatment given will depend on your PSA result, the grade and stage of your cancer (how fast it is growing and how far it has spread outside of the prostate), your symptoms, your overall health and your personal preferences.

If there is a low risk that your prostate cancer will cause you harm, you may be offered Active Surveillance. This involves regular testing to check for any changes to the cancer. If the cancer changes, you may need treatment.

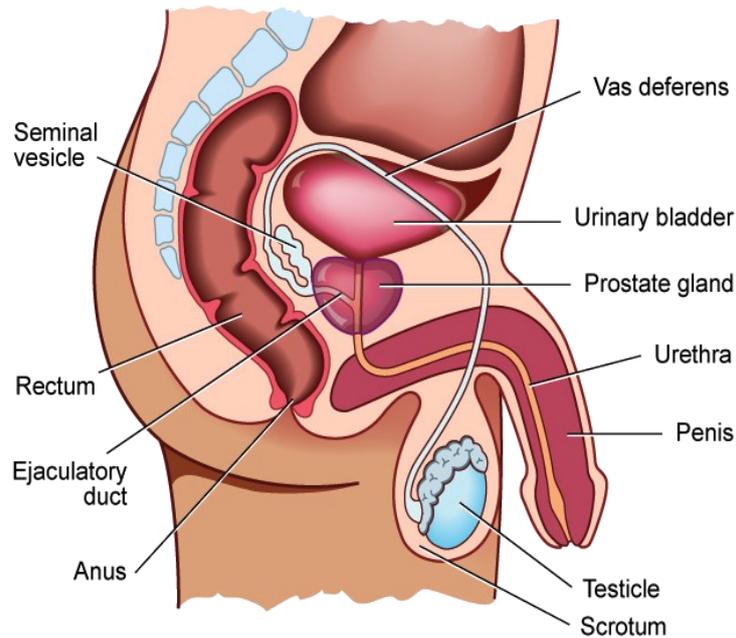
If your cancer is higher risk, you will be offered treatment. Different treatments come with differing side effects some of which include urinary problems, erection and ejaculation problems, bowel problems, fatigue, depression and anxiety.

You may need to meet with several different cancer specialists such as a urologist, radiation oncologist and/or medical oncologist to discuss your treatment option

The prostate is a small gland located below the bladder and in front of the rectum in men. It surrounds the urethra, the passage that leads from the bladder, out through the penis through which urine and semen pass out of the body.

The prostate gland is part of the male reproductive system. It produces some of the fluid that makes up semen, which enriches and protects sperm. The prostate needs the male hormone testosterone to grow and develop. Testosterone is made by the testicles. In an adult, the prostate gland is usually about the size of a walnut and it is normal for it to grow larger as men age. Sometimes this can cause problems, such as difficulty with passing urine.

The male reproductive system



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 MEMBER – JUNE / JULY

Gerard Vogels

HAVE A LAUGH

Did you hear about the brewery worker who fell into the vat of beer and drowned? At the inquest the coroner thanked the man's colleagues for doing their best to save him and told the family it was a terrible tragedy but at least their relative died a quick death. 'Be buggered', yelled one of his mates. 'It was a very slow death. He got out to have a leak three times.

My wife asked if she could have a little peace and quiet while she cooked dinner...

So I took the battery out of the smoke alarm!

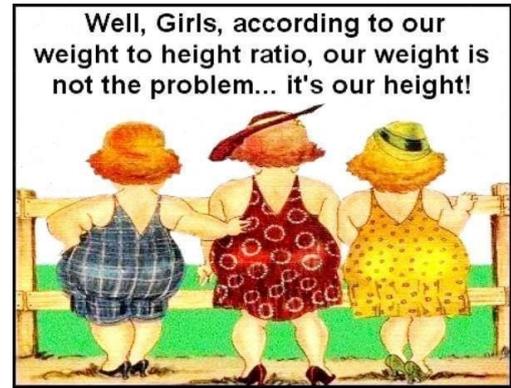


BIRTHDAY BOYS – JUNE

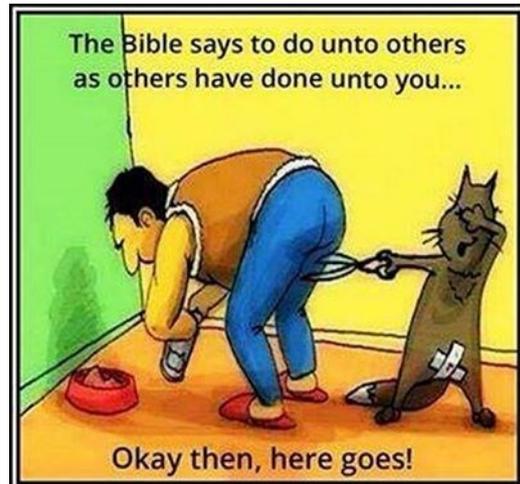
John O'Hara
Ken Batstone
Charlie Rowe

Ray Drysdale
Jim Joyce
Keith Martin

Peter Loth
Vince Shay



A woman on the phone to her friend: "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over."



One good thing about getting older and having a shorter memory:
I can hide my own Easter Eggs.

An older couple were lying in bed one night. The husband was falling asleep but the wife was in a romantic mood and wanted to talk. She said: "You use to hold my hand when we were courting." Warily he reached across, held her hand for a second, and tried to get back to sleep. A few moments later she said: "Then you use to kiss me." Mildly irritated, he reached across, gave her a peck on the cheek, and settled down to sleep. Thirty seconds later she said: "Then you use to bite my neck" Angrily, he threw back the bedclothes and got out of bed. "Where are you going?" she asked. "To get my teeth!"

You are old
When "getting lucky"
Means that you
have found your
car in the car park

Grandma and Grandpa were watching a healing service on the television.

The evangelist called to all who wanted to be healed to go to their television set, place one hand on the TV and the other hand on the body part where they wanted to be healed.

Grandma got up and slowly hobbled to the television set, placed her right hand on the set, and her left hand on her arthritic shoulder that was causing her to have great pain.

Then Grandpa got up, went to the TV, placed his right hand on the set, and his left hand on his crotch.

Grandma scowled at him and said,

"I guess you just don't get it. The purpose of doing this is to heal the sick, not to raise the dead."



"My memory really sucks Mildred, so I changed my password to "incorrect." That way when I log in with the wrong password, the computer will tell me... "Your password is incorrect"

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen. The two elderly gentlemen were talking, and one said, "Last night we went out to a new restaurant, and it was really great. I would recommend it very highly."

The other man said, "What is the name of the restaurant?"

The first man thought and thought and finally said, "What is the name of that flower you give to someone you love? You know... the one that is red and has thorns." "Do you mean a rose?"

"Yes," the man said. He turned toward the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"

On a senior bus tour, the driver was surprised.

While the passengers were unloading, to do some sightseeing, one elderly lady stopped and whispered in his ear,

"Driver, I believe that I was sexually harassed!"

The driver didn't think much of this complaint, but promised he would check into it soon.

Later, that very same day, as the passengers were unloading again, a second little old lady bent down and whispered in his ear,

"Sir, I believe I was sexually harassed!"

This time, he knew it had to be taken care of soon.

A few passengers had remained on the bus, and he decided to go back and question them, to see if they had any knowledge of what was going on.

He found one little old man crawling along the bus floor underneath the seats and stooped down to question him.

"Excuse me, sir, could I help you?"

The elderly man looked up and said,

"Well, sonny, you sure can. I've lost my toupee and I'm trying to find it. I thought I'd located it twice, but they were both parted in the middle, and mine's parted on the side!"



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.

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

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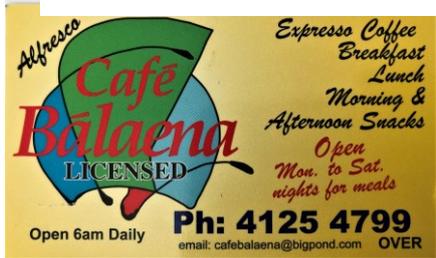
THANK YOU



OMU would like to thank **Bradnam's Windows & Doors** for their generous gift of paying for the stair chair lift. This gift will give some of our members who have mobility issues an easier way of accessing our Clubroom. We do have a ramp however this will be easier still for them. Thank Bradnam's your gift very much appreciated

NEXT MORNING TEA MEETING
(MONDAY) 22ND AUGUST 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 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

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



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

- There are 30 words to find this time –
- | | | | | | | |
|----------|---------|--------|---------|-------|-------|----------|
| APPLAUSE | BECKON | CARRY | CLENCH | | | |
| COLD | FINGERS | GRASP | GRIP | HOLD | INDEX | INDICATE |
| KNUCKLES | LITTLE | NAILS | OPEN | PAINT | PINKY | POINT |
| PRESS | RING | SKETCH | SLAP | SPAR | STEER | TACTILE |
| THUMB | TOUCH | WARM | WRIGGLE | WRITE | | |

OMU proudly and generously supported by the Queensland Government.

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