

OLDER MEN UNLIMITED HERVEY BAY



OMU LOCAL

INCORPORATING
MARYBOROUGH

Patron: George Seymour (FCRC Mayor)

JULY 2023



Meeting 24th July 2023 Guest Speaker: Legacy

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 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:

I left the Clubhouse at 2.15 pm last Tuesday with the express purpose of penning the President Report and the Grub Club Review. Phone rings, old school mate Bob Moffat, 3 hours later I start to fulfill my Presidential duties.

Firstly, second attempt to use our Food Van with another BBQ at Black Stump Park at Gatakers on the 16 August. We have the backup of the sausage sizzle Van so hopefully no hiccups this time. The Football Canteen rolls along and the sausages keep sizzling at the Pier Markets, along with our Raffle Tickets.

If you wish anymore info about the Club all the Reports are available on the Notice Board or check with David.

JOHN LAWRENCE

MARYBOROUGH

A short report from Richard this month, the Maryborough group have been informed that the Community bus is still out of action, so the monthly bus trip was cancelled. We are all looking forward to our August trip.

The walking group is still walking and talking and enjoying this great social morning. Breakfast is a highlight, always goes down well. The numbers vary from week to week, new members are always welcome to participate in this OMU activity. Members can walk at their own pace. Cheers Richard.

Outreach: - This month saw the first visit since covid restrictions were imposed in 2020 to the Chelsea Retirement Village last Monday afternoon when two OMU members met with 5 Chelsea residents. Unfortunately, the Maryborough Community Care Centre had another activity on for the day we had planned to visit there so that visit was postponed until next month. OMU members who attend the next Outreach visit to Yaralla are asked to wear their OMU shirts so that they can be photographed with staff handing over the OMU donation for a coffee machine. The Outreach roster for July is on the noticeboard so if you can make any of the visits your attendance would be most appreciated. At present

about 3 – 4 members are doing all the attending so it would great if a few more members would like to spend a relaxing hour with the residents at the nursing homes.

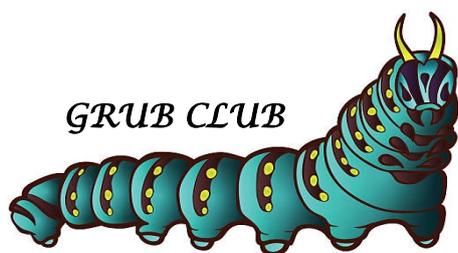
Workshop/Activities – 177 members have attended the centre during the month of June, a record monthly attendance for the Centre. The Turtle board being made for the Turtle Rescue group will be finished next Monday when it is painted. The leather covered rocking chair that has been restored will be finished today and ready for sale. The last lot of bat boxes are ready for pickup and there is a strong possibility of another 20 box order when they are picked up. The workshop is quiet at present and apart from the above and some lathe work, little else is happening. David Hoodless is in the process of producing a safety check list for the Maryborough workshop along the lines of a Duty of Care policy – Frank Grant – 0490478193.

FUND RAISING – Sausage Sizzles: The sausage sizzle at Bunnings on Saturday the 24th. of June raised a gross amount of \$808.30 plus donations on the day of \$61.30. The Bunnings sausage sizzle held last Saturday the 1st. July raised a gross amount of about \$850.00. An application was made last Tuesday to Bunnings to have more sausage sizzles for the next three-month period.

15 OMU members went to Gympie to travel on the Mary Valley Rattler as part of the monthly bus trip. We arrived at the heritage listed station at 8:45 a.m. The train leaves at 10:00 so there was plenty of time for morning tea. A lot of people were there and the train was packed. The loco C17 967, built in Maryborough in 1950 was steamed up and ready to go at 10:00. She pulled 9 carriages and took an hour to get to Amamoor, where the loco was turned on the turntable. There was a chap who gave commentary during the train trip. Back in Gympie, the members had lunch at the Gympie R S L, a very nice venue. Greg Ross was the bus driver as the regular bus was out of service. We arrived back in Maryborough about 3:30, after a great day out.

Next bus trip – This will depend on whether the Community bus has been repaired. It is hoped to know this by next Tuesday so that members can discuss a venue. The group committee decided to donate \$200 to Community Access to assist with the bus repairs. The broke down prior and had to be replaced by a bus from a private company for the trip to the Gympie Rattler and the cost of \$800.00 was covered by Community Access. The \$200.00 donation is the same as the amount the bus usually costs us anyway.

GLEN



Another month and 4 more venues – Golf Club, Torquay Hotel, Hervey Bay Hotel and one I can't remember. Must be getting old. This week we are going to 7 On Central or is it Central On 7. Anyway, you know the one next to the Commonwealth Bank. Last week the Hervey Bay Hotel was memorable because of the return of Charlie Rowe for his 89th

Birthday and the table looked like the ER Ward at the Hervey Bay Hospital. Victor fell off his bike, Bob the dog rolled his scooter and Des had an operation on this shoulder. Thank God they are all on the mend and looking forward to our next outing.

JBL

BUS TRIP

Bus Report of June 2023.

Or How the Wheels of the Bus Go round very slowly for Pete the Bus Driver

Or the Eumundi Adventure

We left on an early fine morning from Seagulls. Mulga unfortunately had decided not to come at the last minute. We headed off to Eumundi and our first stop was at Gunalda where had morning tea.

We knew that this was not going to be ordinary trip because at Gunalda the religious Bike Riders were still there from 3 months ago. I thought oh no we are going to lose our chicken pieces again which happened the previous time we met with wandering vagabonds who live at the Gunalda lay away. Steve Nash ran interference, by talking to them, while we had our morning tea and I had the left over chicken in its special safe commonly called the Esky. I actually thought that Steve was in the toilet. I hope the religious group now get to move on to their next stop along the road like the Littlest Hobo.

A mug shot of the bus members was taken to forever place them with the bua at that site. They looked very happy but the OMU didn't know what was going to happen to them by the days end.

We travelled down to Eumundi and the Pub without any problem.

I hopped out of the bus and tried to attract someone from behind the bar but FMD I had a problem attracting anyone and I was thinking who do you have to root around here to get service. I felt like I was knocking on the door of Frankenstein's Castle but attracting no one. I was concerned that OMU would wander off and I would herding like cats.

We got our table and we all down, had lunch and few a beers and some went and checked out a book shop. The area of the usually busy markets were deserted a little eerie I had never seen it like that before. The food good but a little pricy.

We then commenced on our return journey. We were looking forward to ice creams on the way back. We were travelling on the highway when we spotted a huge horrible creature on our left it was 30 metres tall with a horrible grotesque pointed nose and was brown in colour just like a werewolf with these piercing eyes and big eyelashes and a big Commonwealth Games medal around its neck. Pete said he thought that had ice creams here, so we headed off the road and headed up the hill near the petrol station.

As we approached the station the bus shuddered to a halt on a number of times. I could see fear in the eyes of the passengers which hadn't seen since we went to Biggenden a number of months ago when we escaped the Biggenden Triangle.

Peter the eternal optimist got down and came back and said there was no ice creams here.

Peter got the bus going and sneaked behind the creature which failed to see us. He had a lot of trouble with the wounded bus and speed had been significantly reduced. Peter

Scanlon, immediately got on the phone texting David that we were in trouble but not as much as those people in the submersible looking for the Titanic but very close. David gave him permission to do what he has to do. I suggested that we should panic Peter said don't do that we have to get home. It was difficult situation but Jeff was in total control he wrote a poem I hope it sends it in it was pretty good.

We travelled down the road away from the Twilight creature on the hill. We knew that that we were not going to get our ice creams and there was much distress on the bus, some thought it was a ploy so that OMU didn't have to pay for the icecreams. I can assure it wasn't.

Pete, the bus driver, struggled with the wounded beast all the way home through Gympie and numerous lights which tried to stop us at every opportunity. We eventually got home after 4 in the afternoon. There were crowds of people and kids there to greet us when we arrived. This is the sort of service you get when you are a member of OMU on one of their bus trips. I actually suspect that the kids were at football training.

I am afraid Peter once again he got us home. I think his previous award he received should now have swords and diamonds added to it.

I watched Peter's face as he left, it was of determined look of a man with a mission and the thought went from me to him. WE NEED A NEW F*****G BUS.

Packo, The Tour Guide.

Jeff's Poem

Bus trip to Eumundi

Well is was on the way back
A bus trip to recall
The joy of hills ahead
A hope we don't stall

The lights that turn red
That don't dampen our trip
I'm sure they were reddish
As we let the engine rip

A firm grip on the wheel
Luck please be on our side
Let none others dare cross
We made it and none have died

The long tale of vehicles
That gather at our tail
The non smiling faces
Not sure when we will fail

But we made it we cheer
Despite a lack of face
we made it back in one piece
By luck and good grace



Bad fuel it is thought
That caused the woe
So lucky our return trip
Did not result in a tow

ART GROUP

It's been an excellent month for all of the budding Wednesday artists. Ian has done an excellent portrait of cows on LSD! Ray has been quite eclectic as usual and did a great painting of Tutankhamun. We have a couple of new members, Jeff and Victor. They are great artists who do landscapes but really, we all come for Ray's morning tea spread! Noel has done some excellent horse paintings and Mick is working on a detailed ship painting. Steve and David have been painting and drawing but mostly they just talk! Why don't you join us next month! I forgot to mention that Happy's (aka Ron) celebrated his 99th birthday - he doesn't look a day over 45.

Stevo

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 9.00 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: JUNE / JULY 2023

Terence Playfair Tom White Don Savino
Alan McDowall



BIRTHDAY BOYS: JUNE / JULY 2023

Ken Batstone Victor Behrens Vince Chay
Ray Drysdale Jim Joyce Keith Martin
Peter Oddestad John O'Hara



Happy 50th birthday pal ...I'm the 'Hemorrhoid Fairy', and these are my buddies... The 'Gout Fairy' and the 'Erectile Dysfunction Fairy'.

LET'S TALK ABOUT –

WHAT IS A PATHOLOGY TEST?

A pathology test is the testing of bodily tissues or fluids such as blood, urine, or faeces to determine the presence of a disease or to investigate it further. Pathology is the study of disease, including its causes and progression.

When you are sick or need to be screened for an illness, the results of your pathology tests will usually be used to diagnose a health condition and decide your treatment plan, or to let you know that no disease is present. While your healthcare provider will take care of this process for you, you may want to understand what to expect and why you need the test.

There are many reasons to have a pathology test, including but not limited to, treating or monitoring disease, preventing diseases, assessing the risk of developing a disease and aiding medical research. If you have been ordered to have a pathology test by your doctor, it is usually for one of these reasons.

Processing pathology tests involves a range of professionals who help inform healthcare practitioners to make the best choices for their patients every day. These include pathologists, laboratory managers, technicians and assistants, medical scientists, phlebotomists who collect the pathology samples, and couriers who transport the samples.

WHAT ARE THE MOST COMMON TESTS DONE IN PATHOLOGY?

There are a great variety of pathology tests that can be ordered by your GP or doctor, including blood, urine, faeces, and bodily tissue tests. These detect a range of disease and health conditions. Some of the more common pathology tests you may come across are:

- Full blood count
- Liver functions tests
- Thyroid Stimulating Hormone (TSH) test
- Iron studies
- Urinalysis
- INR (International Normalized Ratio)
- Tissue biopsy

WHY DO I NEED TO HAVE A BLOOD TEST?

A blood test may be ordered for a number of reasons by your doctor. For example, a screening test may be offered to you if you have reached an age where you are more at risk of disease. If you have symptoms, your doctor might order a blood test to find out the cause. Even a negative or normal test result can help your doctor by ruling out some conditions and guiding further investigation of your symptoms.

A good example of this is a full blood count, which is a common test that is ordered to assess you for a wide range of illnesses, infections, and diseases. The test will give your

doctor information about the number and condition of cells in your blood that fluctuate with your immune response, such as red blood cells, white blood cells and platelets. Abnormalities in the concentration of these cells can indicate conditions such as anaemia, infections, or blood cancers.

It is important to make sure you have the pathology tests that your doctor has advised but if you are unsure why tests are needed, you can always ask your doctor to explain what the test is for.

HOW DOES A PATHOLOGIST HELP US?

A pathologist is a medical practitioner that specialises in the study of the cause of disease and how these diseases affect the human body. Their role involves the examination of samples of tissue, blood and other bodily fluids. There are many kinds of specialisations within pathology, these include:

- Blood banking and transfusions
- Chemical pathology
- Clinical informatics
- Cytopathology
- Dermatopathology
- Forensic pathology
- Haematology
- Molecular genetic pathology
- Neuropathology
- Paediatric pathology

Pathologists can be found in many health settings, including public and private hospitals and clinics, independent laboratories, and other medical and research facilities. The significant role that pathologists play in our healthcare system means that their work helps us every day – when you're getting a skin biopsy checked, having a throat swab when you're sick, or taking part in a national screening program for disease such as for cervical cancer or bowel cancer.

PATHOLOGY'S CONTRIBUTION TO THE FIGHT AGAINST CANCER

All cases of cancer are diagnosed via pathology testing, including the diagnosis of cervical cancer, blood cancer and bowel cancer.

Australia has one of the best cervical cancer screening programs in the world, and consequently the lowest rate of cervical cancer globally. Cervical cancer symptoms often appear at the later stages of disease progression, which is why screening is so important. Estimates suggest that pathology screening methods for cervical cancer (combined with the HPV vaccination program) could reduce cervical cancer rates in Australia by as much as 20%.

Prostate cancer is also one of the most diagnosed cancers in Australian men, with pathology testing playing a vital role in the early detection of this disease via (prostate specific antigen) PSA testing.

Similarly, the National Bowel Cancer Screening program is essential in the early diagnosis of bowel cancer. The program uses a self-collected faecal sample that is sent to a laboratory to detect blood in faeces, which can be an early sign of bowel cancer, or

another bowel issue. Anyone testing positive will be referred for further investigations. To diagnose bowel cancer a biopsy can be removed during an exploratory colonoscopy and be examined by a pathologist under a microscope, who determines whether cancerous cells are present in the patient's sample.

HOW OFTEN SHOULD YOU HAVE A TYPE 2 DIABETES TEST?

Type 2 diabetes is one of the great health challenges of our time, with 1.2 million people currently living with diabetes in Australia, a further 500,000 undiagnosed. The number of people in the world living with diabetes has grown five-fold since 1980.

There are significant health complications that come with diabetes, such as micro vascular damage which can impact the brain, feet and eyes, and macro vascular damage that can seriously impact organs like kidneys and the heart.

In addition to that there are substantial healthcare costs that governments need to consider. In Australia, direct costs are \$1.7bn a year, the indirect costs, \$14bn.

Avoiding these complications is therefore an absolute health and economic imperative.

According to a report from the Centre for International Economics, detecting diabetes at its early stages can halve medical costs and significantly improve health outcomes.

And if you can pick up on your risk at the prediabetes stage, the opportunity to turn your health around without significant medical complications is significantly enhanced.

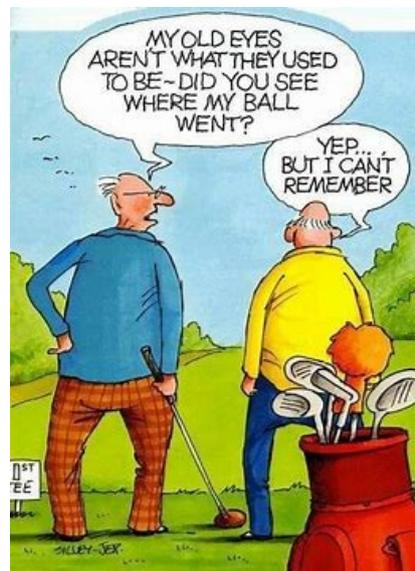
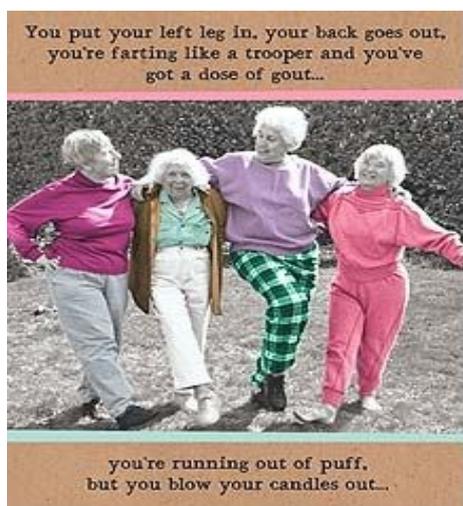
So, what's the test and who should take it?

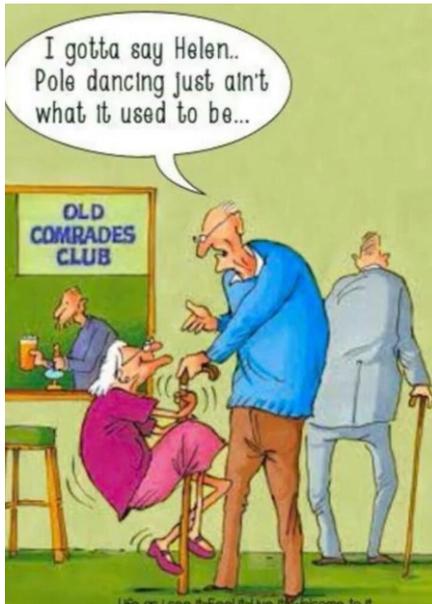
There are two ways to test for diabetes, the measurement of blood sugar levels or the HbA1c test. The HbA1c test is simpler and does not require fasting and unless your doctor finds a reason that the test is not suitable for you it can be used. The HbA1c test takes a snapshot of your blood sugar levels over the last three months.

If you haven't had an HbA1c diabetes test before, you should speak to your doctor about it if the following apply to you: if you're over 35 years of age, your waist is over 100cm, you have a family history of type 2 diabetes, blurred vision, are thirsty, or do less than two-and-a-half hours of exercise a week.

The healthy range for HbA1c is less than 6.0% (also expressed as less than 41 mmol/mol) and results of 6.5% (48 mmol/mol) or higher indicates diabetes. Results from 6.1% to 6.4% indicate a higher risk of developing diabetes in the future.

HAVE A LAUGH





Teacher: How old is your father?

Kid: He is 6 years.

Teacher: What? How is this possible?

Kid: He became father only when I was born.



Hmmm... Feels like a half rotten peanut sitting on a couple of over-cooked wontons.

Teacher: Donald, what is the chemical formula for water?

Donald: H I J K L M N O

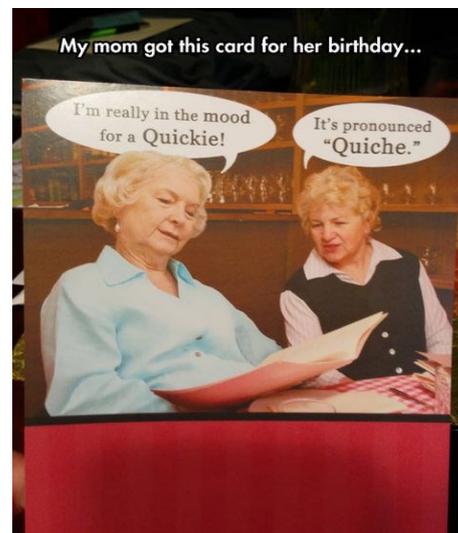
Teacher: What are you talking about?

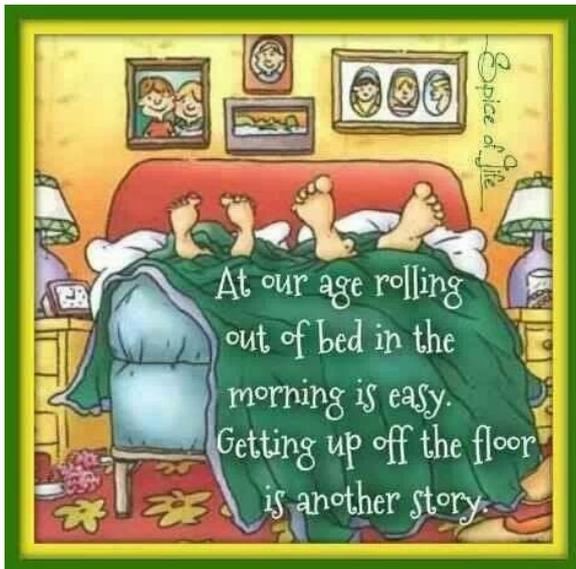
Kid: yesterday you said it was H to O.

Teacher: Clyde, your essay on "My Dog" is exactly the same as your brother's. Did you copy his?

Clyde: No sir, it's the same dog.







Hung Chow calls into work and says, 'Hey, I no come work today.

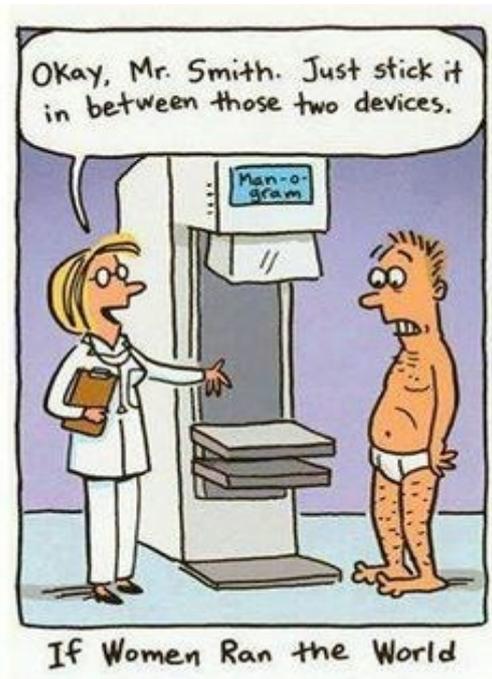
I really sick. Got headache, stomach ache and legs hurt, I no come work'

The boss says, 'You know something, Hung Chow, I really need you today. When I feel like this, I go to my wife and tell her I need sex. That makes me feel much better and then I go to work. You try that.'

Two hours later Hung Chow calls again. 'I do what you say and I feel great now. I be at work soon . . . You got nice house, Boss!



More Senior Citizen Humor at... www.pmcaregivers.com/Humor.htm



JULY / AUGUST CALENDAR

Meetings	Tuesdays	Fridays	Bus Trips	Grub Club	Walking	Art
24 th July	Every Tuesday from 1.00 pm	Every Friday from 8.30 am	27 th July	Every Wednesday	Every Thursday morning	Every Wednesday morning
28 th Aug			24 th Aug			

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David's email: manager@omu.org.au

Or phone: 4128 9011

Animals – 27 of them to find



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

27 Animals:

- | | | | | | | |
|---------|-------|--------|---------|-------|-----------|--------|
| BEES | BIRDS | BISON | BUFFALO | BULL | CALF | CATTLE |
| CHICKEN | COW | DEER | DOG | DUCK | DUCKLINGS | FISH |
| FOAL | GEESE | GOAT | GOOSE | HEN | HORSE | LAMB |
| LLAMA | PIG | PIGLET | ROOSTER | SHEEP | TURKEY | |

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