

# OLDER MEN UNLIMITED HERVEY BAY



# OMU LOCAL

INCORPORATING  
MARYBOROUGH

*Patron:* George Seymour (FCRC Mayor)

## JULY 2024



## Members Morning Tea 26<sup>th</sup> July 2024

### MANAGEMENT COMMITTEE AND CONTACT NUMBERS

<u>Position</u>	<u>Name</u>	<u>Phone</u>	<u>Mobile</u>
Acting President	Des Langford	4124 5887	0458 087 992
Acting Vice-President	Peter Scanlon		0431 613 942
Secretary	Chris O'Brien		0490 188 571
Treasurer	Ian Paxton		0437 247 816
Committee	Ray Delisen		0447 466 256
	Russell Pool		0499 504 597
	Andy Peverill		0432 882 825
Maryborough Manager	Peter Cooper David Hoodless	4128 9011	0438 129 153

Meetings: *Hervey Bay* 10.00 am on the 4th Friday 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)



## OMU GROUP CONVENERERS

ART and BUS TRIPS	IAN PAXTON	0437 247 816
CLUB ROOMS	CHRIS O'BRIEN	0490 188 571
MARYBOROUGH	PETER COOPER	0488 240 649
OUTREACH	DAVID HOODLESS	4128 9011
RAFFLES	DAVID HOODLESS	4128 9011
SAUSAGE SIZZLES	DES LANGFORD	0458 087 992
SOCIAL ACTIVITIES	JOHN LAWRENCE	4128 3630
WALKING GROUP	PETER SCANLON	0431 613 942

## REPORTS

### **PRESIDENT:**

Well, that is another month gone by and I have good news. On the 17<sup>th</sup> of August we will finally start back at the Pier Markets with our sausage sizzles and ticket sales. We will still be selling tickets at the Torquay Market.

On the 22<sup>nd</sup> of July myself and 6 other members were invited to visit the Hervey Bay Hospice for morning tea where we presented them with a much-needed cheque for \$20,000.00. Alicia gave us a tour of the facility.

While we are on the topic of donations, a small donation was made to the new committee of the Community Focussed Markets Fraser Coast Inc (Pier Markets) to help them get started. We also donated \$500.00 to Legacy.

The next picnic at the Black Stump is the 21<sup>st</sup> of August and all members, wives, partners and girlfriends are invited. Please add your names to the list. This will also include Maryborough.

I will be away from the 12<sup>th</sup> till the 24<sup>th</sup> of August. If you have any concerns that "cannot" wait, please speak to another committee member.

That is all for now. If I have missed anything I will bring it up on Friday mornings as usual.  
Regards

Des Langford – Acting President0

### **MARYBOROUGH**

**Outreach:** - The visitation date for Chelsea has been changed again to the last Tuesday for July i.e. the 30<sup>th</sup>. at 10:00 am. Three of the Nursing Homes, Yaralla, Signature and Fairhaven have started receiving wooden toy models to assemble and paint from our workshop and all these centres have expressed many thanks to OMU for making them available. Dates for next month's visits are on the notice board in the Activities Centre.

**Workshop/Activities** – 127 members attended the workshop during June. The workshop has contributed \$361.00 to the group's account and have received \$23.25 from the coffee and gift shop in Hervey Bay that is selling the wooden bowls etc. Peter Cooper is making another ukelele and a chair is being restored for the Uniting Church. Otherwise, things are very quiet at present as far as woodworking activities are concerned. A new first aid kit has

been placed in the centre and replaces the old one. Some Macadamia wood has been donated by a property at Kin Kin and will be available for cutting up and collection on Wednesday the 21<sup>st</sup>. of August. It was suggested that this may be a good project for a bus trip for August. This property has been visited previously and was greatly enjoyed by members.

For further information – contact Frank Grant – 0490478193.

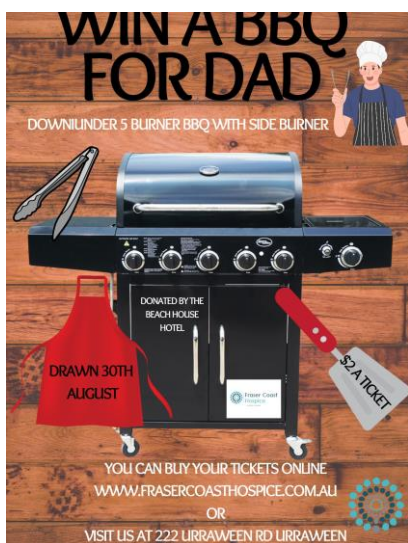
**FUND RAISING – Sausage Sizzles:** The sausage sizzle held on Sun. the 23<sup>rd</sup>. of June raised a very good amount of \$906. We were also invited to do an extra sausage sizzle at Bunnings on Sunday the 30<sup>th</sup>. June which we did. Many thanks to the members who have been attending the sausage sizzles and especially for two weeks in a row. The roster for the next 3 months has been applied for but is not available from Bunnings as yet.

**Fishing group:** Ian Goodall reported that he has booked the boat for the trip from Burnett Heads on the 10<sup>th</sup>. July for 6 members and everyone going is getting ready for the trip.

**Walking Group:** The walking group, is still going strong and the chilly mornings are not stopping these diehards. There seems to be more members at the breakfast table, than doing the walk, though it is a pleasant social morning. Starting at 7:00 and finishing at 9:00 am, there are 4 different walks each month. New members are always welcome, one member might be auditioning for men in tights or Plucka Duck, no names mentioned. – Richard Shale

The Maryborough OMU members went on their monthly bus trip – 14 members and the driver Peter went to the Bauple Museum, which is worth seeing, also the Men’s Shed at Bauple to see what they are doing. Later, off to the Hideaway Pub for lunch.

The walking group is still strutting their stuff, despite the cold weather, members can walk at their own pace, a lot of talking happens, breakfast goes down a treat, new members are always welcome. Times for the walks, we meet at 7.00 am wrapping up around 9.00 am. There are 4 different walks during the month, it is a great social morning. Cheers Richard Shale.



## OUTREACH

### What is outreach?

**OMU Outreach** is the activity of providing visitations to senior men on the Fraser Coast that might not otherwise have access to this service. A key component of outreach is

that OMU is not stationary, but mobile; in other words, we involve meeting someone in need of an outreach service at the location where they are (home, aged care, or hospital). Compared with traditional service providers, outreach services are provided closer to where people may reside, efforts are voluntary, and have fewer, if any, enforceable obligations. In addition to delivering visitations, outreach has an educational role, raising the awareness of other services (Meals on Wheels, 60 and Better for example) Outreach is often meant to fill in the gap where families / friends live away and are not available to visit. OMU was originally created to assist these socially isolated senior men. Unfortunately, when COVID19 reared its ugly head OMU had to cancel this very important service that we provided. Now things are more settled, and it is about time that OMU and its members got back on track and commenced the very valuable support to the community. As I said earlier the real reason why OMU was set up in the beginning.

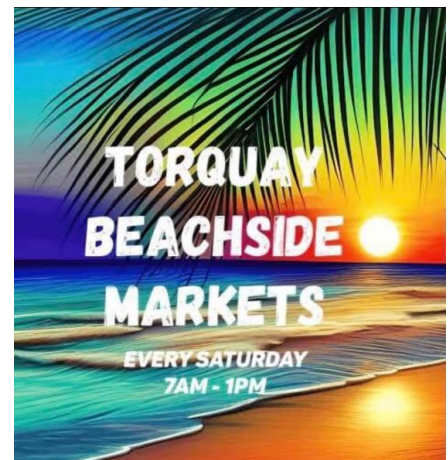
**PLEASE** talk to others who are doing this already and find out about what they are getting from this – I know you will be pleasantly surprised. All we ask is that you think about helping others because one day you may require a visit from a friendly face to enhance your life.

Please talk to David or email – [manager@omu.org.au](mailto:manager@omu.org.au) or Phone 0741 289001. THANK YOU

### OUTREACH DAYS

#### LOOKING FOR MORE VOLUNTEERS TO HELP OUT WITH WHAT WE ARE ALL ABOUT – THANKS

KIRAMI	Last Wednesday in the month
MASTERS LODGE	1 <sup>st</sup> Tuesday in the month
OZCARE	3 <sup>rd</sup> Thursday in the month
PARKLANDS	1 <sup>st</sup> & 3 <sup>rd</sup> Monday of the month
TORBAY	Every Tuesday morning
ESTIA	1 <sup>st</sup> Friday in the month



### WALKING GROUP



© OMU

On an icy, windy, cold winter's morning at 8.00 am, 15 intrepid OMU walkers turned up at the Nikenbah Depot to commence the rail trail walk. For some passing the Natural Cemetery, it was an obvious omen. As usual John F, P 1 and Barry C led the parade with Ron, John H, Victor, Alan and P 5 leading the rear guard. It was good to see Bill M and Tux (his wonder dog and our club mascot) join the walk.

This was Bill's second day after cataract surgery and he and Tux set off at a good pace. Our middle contingent of Patrick, Mike, David, Charles and Steve kept the walkers honest. A huge sigh of relief from the rear when we saw Bill and Tux turn around to head back to the Depot Café, so the entire stragglers turned with him and headed back but we had to wait for the four leaders to join us. The great staff at the Depot (Coral and her team) brought forth our tea, coffees, hot chocolates etc. with a bacon, egg spinach and home relish wrap for the "surprise" breakfast. A great team of fellas and a good morning was had by all – Tux included.

**August** 1<sup>st</sup> 8.00 am Point Vernon (Meet Brew & View Café Pt. Vernon)  
8<sup>th</sup> 8.00 am Botanic Gardens Bowling (Meet Wellness Centre Urangan)  
15<sup>th</sup> 8.00 am Arkara Gardens (Meet at Arkara Gardens Café Dundowran)  
22<sup>nd</sup> 8.00 am Urangan Pier (Meet at Boy with a fish statue Urangan Pier)  
29<sup>th</sup> Marina Walk (Meet at Boat Club Urangan)



### NEW MEMBERS: JULY 2024

Paul Johnson

### BIRTHDAY BOYS: JULY 2024

Victor Behrens	Vince Chay	Ray Drysdale
Jim Joyce	Keith Martin	Peter Oddestad
John O'Hara	Charlie Rowe	Paul Wood

### MEN'S HEALTH

#### Parkinson's Disease

Parkinson's disease is a progressive disorder that affects the nervous system and the parts of the body controlled by the nerves. Symptoms start slowly. The first symptom may be a barely noticeable tremor in just one hand. Tremors are common, but the disorder also may cause stiffness or slowing of movement.

In the early stages of Parkinson's disease, your face may show little or no expression. Your arms may not swing when you walk. Your speech may become soft or slurred.

Parkinson's disease symptoms worsen as your condition progresses over time.

Although Parkinson's disease cannot be cured, medicines might significantly improve your symptoms. Occasionally, a health care professional may suggest surgery to regulate certain regions of your brain and improve your symptoms.



## Symptoms

Parkinson's disease symptoms can be different for everyone. Early symptoms may be mild and go unnoticed. Symptoms often begin on one side of the body and usually remain worse on that side, even after symptoms begin to affect the limbs on both sides. Parkinson's symptoms may include:

- **Tremor.** Rhythmic shaking, called tremor, usually begins in a limb, often your hand or fingers. You may rub your thumb and forefinger back and forth. This is known as a pill-rolling tremor. Your hand may tremble when it is at rest. The shaking may decrease when you are performing tasks.
- **Slowed movement, known as bradykinesia.** Over time, Parkinson's disease may slow your movement, making simple tasks difficult and time-consuming. Your steps may become shorter when you walk. It may be difficult to get out of a chair. You may drag or shuffle your feet as you try to walk.
- **Rigid muscles.** Muscle stiffness may occur in any part of your body. The stiff muscles can be painful and limit your range of motion.
- **Impaired posture and balance.** Your posture may become stooped. Or you may fall or have balance problems because of Parkinson's disease.
- **Loss of automatic movements.** You may have a decreased ability to perform unconscious movements, including blinking, smiling, or swinging your arms when you walk.
- **Speech changes.** You may speak softly or quickly, slur, or hesitate before talking. Your speech may be more of a monotone rather than have the usual speech patterns.
- **Writing changes.** It may become hard to write, and your writing may appear small.

## When to see a doctor

See a health care professional if you have any of the symptoms associated with Parkinson's disease – not only to diagnose your condition but also to rule out other causes for your symptoms.

## What is the best exercise for Parkinson's?

When it comes to exercise for Parkinson's disease (PD), there is not a one-size-fits-all answer, but there are some key elements to consider. Here are the four core types of exercise that can benefit people with PD:

- **Aerobic Exercise:** Activities like brisk walking, stationary cycling, or swimming get your heart pumping. Aim for sustained aerobic activity (more than 10 minutes at a time) several times a week.
- **Strengthening Exercises:** Use weights or resistance bands to improve muscle strength. This helps maintain overall physical function and mobility.
- **Balance Training:** Tai chi, dance, or other balance-focused activities can help you stay steady on your feet and reduce the risk of falls.
- **Stretching and Flexibility:** Incorporate mat exercises or yoga to maintain flexibility and prevent stiffness.

Remember, choose exercises you enjoy and will stick with. High-intensity exercise has shown promising results for PD, so consider activities that increase heart rate and oxygen demand. Always consult with a healthcare professional before starting any exercise program.

**Parkinson's disease** is a chronic neurological condition that affects movement. While there is no cure, several treatments can help manage symptoms and improve quality of life:

- **Medications:** These can significantly control symptoms. The mainstay is **levodopa**, which helps replenish dopamine levels in the brain. Other medications include dopamine agonists, MAO-B inhibitors, and anticholinergics.
- **Surgery:** In advanced cases, surgical options like **deep brain stimulation (DBS)** may be considered. DBS involves implanting electrodes in specific brain regions to regulate abnormal nerve signals.
- **Lifestyle Changes:** Regular **aerobic exercise** is beneficial. Physical therapy focusing on balance and stretching can help maintain mobility.
- **Complementary Therapies:** Consider **physiotherapy, occupational therapy, and speech therapy**. These supportive approaches enhance daily functioning and communication.

**Remember to consult a neurologist for personalised advice.**

## Fundraising – Raffle Tickets

I would like to thank all those people who support OMU by purchasing OMU's Raffle Tickets. Your generous purchases help us to help others. **THANK YOU**

Our latest winner Linda pictured with OMU President Des Langford receiving her first prize



Hello, I'm Paul Johnson a new member and I thought you might like some heavy reading!!

### Some Events in August Over the Years

- 1<sup>st</sup> August 1840 – Transportation of Convict to NSW ceased in England.
- 1<sup>st</sup> August 1902 – The Magazine New Idea first published in Melbourne.
- August 1924 – Cobb & Co Coaches did their last run from Yulewba to Surat in Queensland.
- August 1972 – Bandstand ended on TV when It's Escalating Budget was measured against its value.
- 2<sup>nd</sup> August 1964 – USS Maddox fired upon by North Vietnamese Patrol Boats signalling the beginning of US Involvement in the Vietnam War.
- 3<sup>rd</sup> August 1846 – Hutchins one of Australia's oldest boy's schools opened in Hobart.
- 3<sup>rd</sup> August 1963 – Beatles Last Ever Gig at The Cavern Club.
- 3<sup>rd</sup> August 1880 – First Soccer Club the Wanderers was formed at a meeting by J. W. Fletcher at the Aaron's Exchange Hotel in Sydney.
- 5<sup>th</sup> August 1944 – Cowra Breakout happened – 229 Prisoners Killed and 108 Wounded.
- 5<sup>th</sup> August 1962 – Marilyn Monroe Died.

- 6<sup>th</sup> August 1960 – Dick Clark introduced Ernest Evans (Chubby Checker) and The Twist on TV.
- 7<sup>th</sup> August 1954 – Johnny Cash married his first wife Vivian Liberto.
- 12<sup>th</sup> August 1874 – William Francis King died at the Liverpool Asylum in Sydney. He was known as the Flying Pieman. He once walked a distance of 62 miles in 12 and a half hours. He once beat the Coach from Windsor to Sydney arriving 7 Minutes before it.
- 14<sup>th</sup> August 1977 – Larry Geller (Close Friend of Elvis) bought “The Scientific Search For The Face of Jesus” by Frank O Adams on the Holy Shroud of Turin. This Book was handed to Elvis Just Shortly Prior To His Death and Elvis Died Clutching That Book.
- 16<sup>th</sup> August 1956 – Heartland USA erected a Weathervane to honour Sgt Phineas Patrick Paul Pepper. There really was a Sgt Pepper’s Band.
- 17<sup>th</sup> August 1980 – Azaria disappeared from the Chamberlain family tent at 8.30am at Ayers Rock.
- 18<sup>th</sup> August 1960 – Before leaving for Hamburg – Paul McCartney wrote to his school explaining his absence “Dear Sir, I’ve got a great job in Germany and I’m earning 15 Pounds a week.”
- 28<sup>th</sup> August 1835 – Convict William Buckley granted a free pardon after being an escapee for 32 years.
- 29<sup>th</sup> August 1882 – Australia defeated England in the first Ashes Test – The Sporting Times in UK reported that the body will be cremated, and the ashes taken to Australia.
- 29<sup>th</sup> August 1958 – The Quarrymen (George, John, and Paul with Ken Brown (drums) played together for the first time at the Casbah Coffee Club.
- 31<sup>st</sup> August 1955 – A London UK Judge fined Sidney Turner Three Pounds Ten Shillings for creating an extreme noise. He played Bill Haley and The Comets – Shake Rattle and Roll at top volume continuously from 2.30pm to 4pm

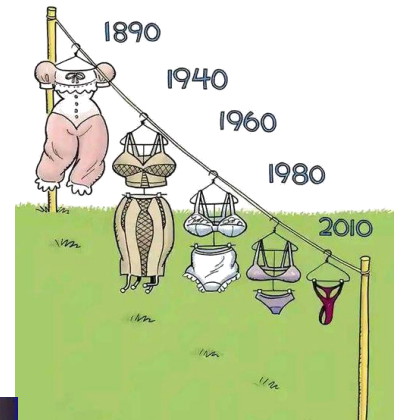
### What is..

2 and a half inches long

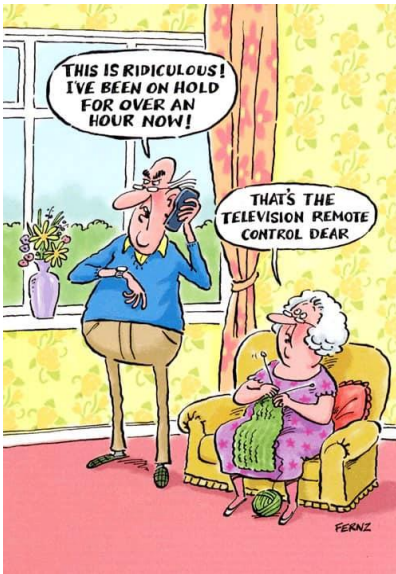
And can satisfy a woman

EVERY TIME ?

ANSWER

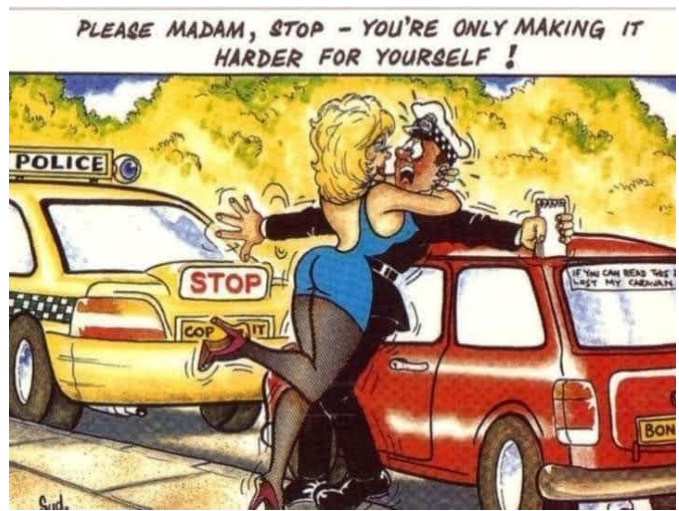
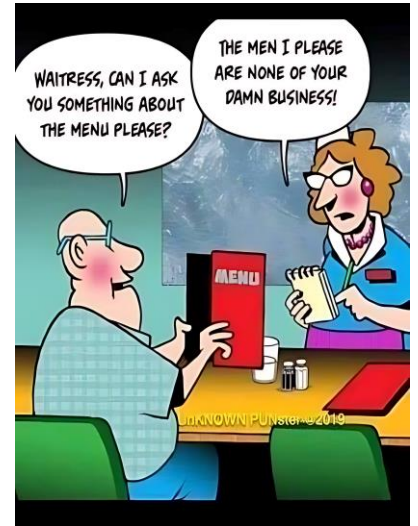






### 5 Stages of a Woman's Life

1. To grow up.
2. To fill out.
3. To slim down.
4. To hold it all in.
5. To hell with it.



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- My Aged Care 1800 200 422
- National Dementia Helpline 1800 100 500
- National Seniors Australia 1300 765 050
- Seniors Enquiry Line 1300 135 500
- QLD Health 13432584

**IS IT TIME TO CALL A MATE?  
DON'T FORGET YOUR MATES!  
ARE THEY GOING, OKAY?  
IT DOESN'T TAKE MUCH!**

**DID YOU KNOW THAT THERE ARE 168 HOURS IN A WEEK AND IF YOU GAVE 1 HOUR A WEEK TO TALKING TO YOUR MATES THEN YOU WOULD STILL HAVE 167 HOURS TO DO WHAT YOU WANT TO DO.**

**It could save a life?**

**URGENTLY REQUIRED**

**VOLUNTEERS TO ASSIST MEALS ON WHEELS**

**MORE INFORMATION PLEASE CONTACT:**

**MARIA – 4128 1334**

**OR EMAIL [manager@mowfc.org.au](mailto:manager@mowfc.org.au)**

**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.

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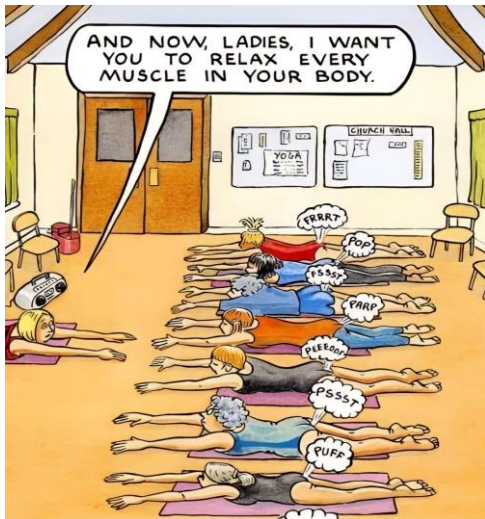
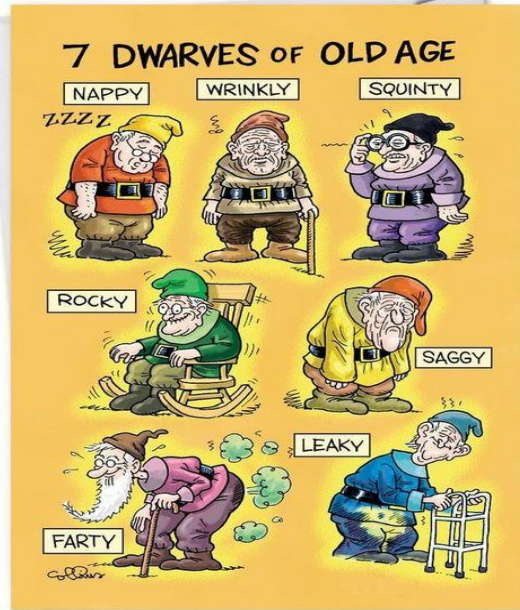
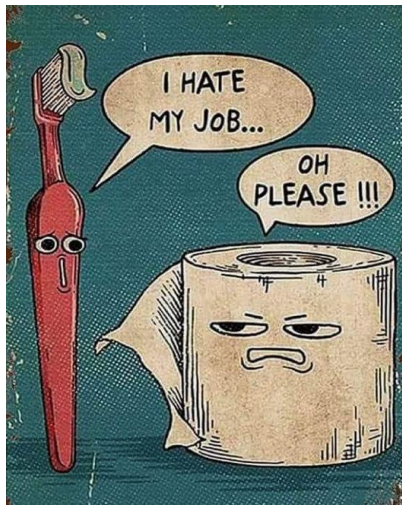
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Branch Manager



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David's email: [manager@omu.org.au](mailto:manager@omu.org.au)

Or phone: 4128 9011

**FIND A WORD**

Mind your P's and Q's (35 words to find)  
All words start with either P or Q



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

**THE ODD WORD LAST NEWSLETTER – SEAWEED. No ODD words in this one.**

**Okay “smarty bottoms” you have 35 words to find this month. I would like to think that this one is the trickiest one that I have put together – good luck.**

- |       |           |           |          |        |          |         |
|-------|-----------|-----------|----------|--------|----------|---------|
| PALM  | PANDA     | PEACE     | PHOTO    | PILLOW | PINT     | PIVOT   |
| PLANK | PNEUMATIC | PORCUPINE | PORPOISE | PROD   | PROTECT  | PSYCHE  |
| PUFFY | PYLON     | QUAD      | QUAGMIRE | QUALM  | QUALITY  | QUARTER |
| QUAY  | QUEEN     | QUELL     | QUESTION | QUEUE  | QUICKSET | QUID    |
| QUIET | QUIFF     | QUILL     | QUINCE   | QUOKKA | QUOLL    | QUORUM  |

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