

OLDER MEN UNLIMITED HERVEY BAY



OMU LOCAL

INCORPORATING  
MARYBOROUGH

AUGUST 2023

Patron: George Seymour (FCRC Mayor)



## Meeting 28<sup>th</sup> August 2023 Guest Speaker: Matthew Steer (QAS)

### 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 1<sup>st</sup> Tuesday of each month

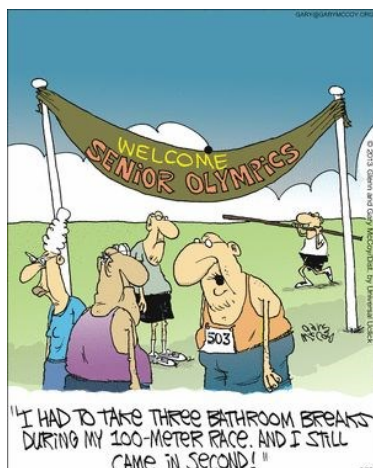
Where: Frank Lawrence Circuit, Maryborough Airport (last shed on the right)

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)



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## OMU GROUP CONVENERS

<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>JOHN LAWRENCE</b>	<b>4128 3630</b>

## REPORTS

### **PRESIDENT:**

Our title says it all. Older Men Unlimited. While age doesn't limit us in mind, and spirit, the body does eventually slow down and come to a stop. It is the one thing that can limit us. As someone once said, "Nothing is sure in this life except death and taxes." While none of us pay tax these days except for possibly our resident cattle baron, Charlie – I'm here to help – Wondrock. The second alternative rears its ugly head now and again and this month it is sad to report the passing of Neville Moor – You can call me Sir Nifty. He was AKA Knuckles Moore, a late 40's and early 50's Golden Gloves champion for the Toowoomba Division. A number of members attended his funeral and it was good to hear of Nev's life before joining OMU. At one stage while living in a Retirement Village on the Gold Coast, he found the bowls club was too far to walk and not far enough away to use his car so he bought a mountain bike and joined the BMX Bandits. He was 89 at the time – Vale Nev.

On a brighter note, about 60 odd and I do stress odd – members and partners attended a BBQ in Black Stump Park in Gatakers Bay. A great time was had by all. This is the second time we've picnicked there and I'm sure it won't be the last. We all look forward to many more such outings. We have also welcomed quite a few new members to help our club move forward to a bright future.

### **JOHN LAWRENCE**

### **MARYBOROUGH**

Thursday 27<sup>th</sup> July was our Christmas in July lunch. We held it at the Granville Tavern and boy oh boy the meals were fantastic. 35 members enjoyed a great social event and a big thankyou to the OMU committee for organising this.

**Outreach:** – Unfortunately, the Maryborough Community Care Centre was in lockdown so the scheduled visit there last month had to be cancelled. The next visit to a Nursing Home will be tomorrow to Yaralla. The Outreach roster for August 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 be great if a few more members would like to spend a relaxing hour with the residents at the nursing homes.

**Workshop/Activities** – 120 members attended the Activity Centre over the 12 days it was open in July. Things remain generally quiet in the workshop at present. The Turtle

transporting board has been finished and delivered to the Turtle rescue group and has already been put to work very satisfactorily. The last 20 bat boxes have been delivered and another order for a further 20 has been received to be completed over the next couple of months. Several wooden chairs are also currently being repaired by members. Sales of items made or restored by the workshop sold in the last month have totalled \$497.00 with total income from the workshop of \$586.00 for the month. For further information – contact Frank Grant – 0490478193.

**FUND RAISING – Sausage Sizzles:** The Bunnings sausage sizzle held on Saturday the 1<sup>st</sup>. July raised \$647.00. The next sausage sizzle is due to be held on Sat the 5<sup>th</sup>. August and volunteers will be called for at this month's morning tea. Further dates have been allocated for Sat 23<sup>rd</sup>. Sep. and Sat 14<sup>th</sup>. Oct. We are hopeful that we can start splitting the day at Bunnings into two shifts 8 – 11 and then 11 until 2 so if you can volunteer for a three – hour shift, let Peter Sawtell know when he calls for volunteers at the morning tea. Also, extra help at 2 o'clock to clean and pack up is most appreciated.

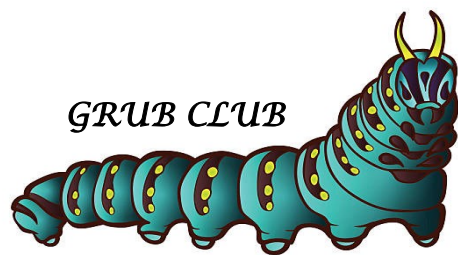
**Fishing group:** Future fishing trips are currently being considered and especially the possibility of having more than one per year. Ian Goodall is going to explore the options which include a trip around Hervey Bay waters in the "Calypso" at a cost of \$79.00 per head for 10 people, a trip in the glass bottom boat, again around Hervey Bay and a trip out of Burnett Heads to the southern Barrier Reef. A 2 – 3 day trip was also suggested from Turkey Beach.

**Walking Group:** The walking group is walking and talking and enjoying this great social morning, Breakfast is a highlight, with great conversation that helps pass the time. Members can walk at their own pace and new members are welcome to participate in this OMU activity. Remember there are 4 different walks, starting at 7:00 am & wrapping up about 9:00 am.

#### **General items.**

1. Unfortunately, we were belatedly informed that the Community bus is still out of service, so our monthly bus trip last month had to be cancelled. We are hoping it is up and running for our August trip.
2. The August trip will be a visit to the where Lindsay "Butch" Titmarsh will show us through the Tandora Station museum he has created as well as other activities, including a barbeque lunch. We will leave the activity centre at 9:00 a.m. Because of the uncertainty of the availability of the bus, we are hoping that given it is not far to Tandora, we can do a car pool to get all members there.
3. Raven's Hill – The fathers/sons day barbeque this month will be held on Sunday the 20<sup>th</sup>. of August while our members camp/cooking day will be held on Tuesday the 8<sup>th</sup>. August.
4. Election of Office Bearers – Nomination forms are now available for members to nominate members for election at next month's election of office bearers meeting.





Food Glorious Food, Hot Sausage and mustard – A great opening line from the musical “Oliver”. This is the inspiration of the lunch group. Always in pursuit of the next great dining adventure. Every Wednesday you will find ten to fifteen sad old men looking for the Holy Grail. The ultimate eatery, the best steak, the finest coffee or glass of red, and all at a bargain price – One day One day. Never before in the history of fine dining have so few looked for so much for so little. So, if you are up for the big adventure, join the Indiana Jones of tucker who go to the ends of the earth as long as it’s in the Hervey Bay area, to fill the inner man.

**JBL**

## **BUS TRIP**

**Bundaberg bus trip – A POEM BY Jeff Amy**

As we filled up the bus  
with eyes all aglow  
To the Bundy distillery  
our journey did go.

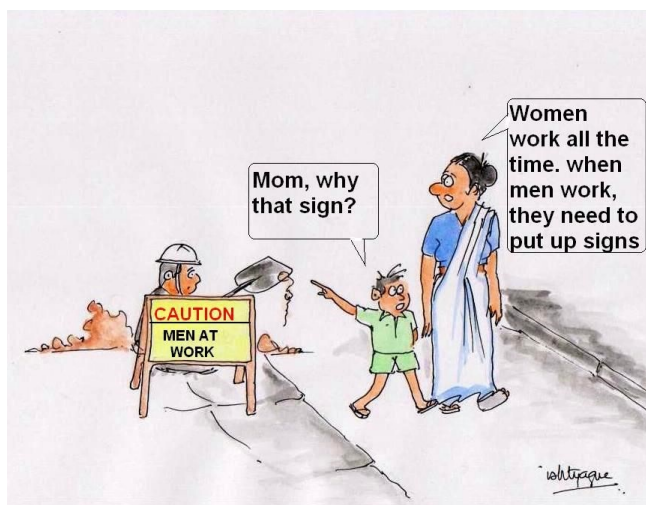
With high hopes ahead  
the highlight of the trip  
The promise of getting  
a free Bundy sip

Aboard there was mateship  
and humour and laughter  
Fellowship at its best  
a good time we were after

A new driver we had  
that didn’t stop talking  
Of tales old and new  
that left our ears ringing

Stiff joints and old bones  
were forgotten on arrival  
As we flood off the bus  
a magic elixir for survival

© OMU





"Ah-Hrrr there me mates "

voiced by the rum we did sip

Now a bus full of pirates

we reboarded our ship

Full sail now driver

hold fast with the tide

Bring these jolly old buggers

back home to reside.

But one by one

they succumbed to the rum

The only noise remaining

was the buses dull hum.

A great day for all

but greater for some

Another Packo adventure

with more still to come.



## 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.

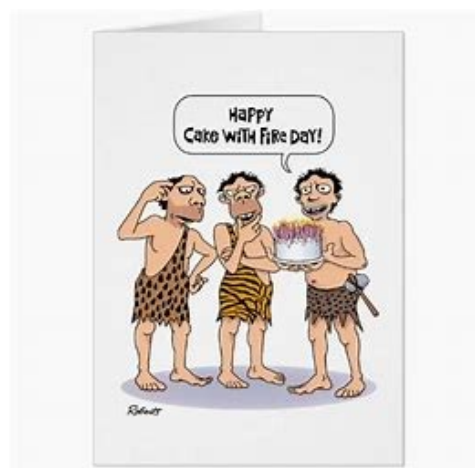
If you can't make it on the Thursday and you want to walk on another day, come and talk to David.

## NEW MEMBERS: JULY / AUGUST 2023

Denis Murphy          John Ellis  
Leslie Williams

## BIRTHDAY BOYS: JULY 2023

Gerald Wyatt          Bob Elgar  
Ian Goodall          Geoff Hoare  
Dazza Kent          Andrew Pomeroy  
Rod Scherwin          Tony van Eynde  
Doug Wellard



Keep that brain working; try to figure this one out. See if you can figure out what these seven words all have in common?

1. Banana
2. Dresser
3. Grammar
4. Potato
5. Revive
6. Uneven
7. Assess

(The Answer is on the last page)



## LET'S TALK ABOUT –

In Australia, we are fortunate to have a dizzying array of fruits that fill our grocery stores year-round. They come in all sizes, shapes, and colours, and we have all heard about the recommended five servings of fruits and vegetables a day. So, what are we eating them for? And how does the nutritional value vary between fruits? Is there any difference between whole fruits versus juice, fresh versus dried? Let's take a look.

### Differences between fruits

Just like other foods, different fruits have different nutrient values. Generally, whole fruits are good sources of fibre while fruit juices are not. And one cup of fruit juice, even 100% fruit juice, has a lot more sugar than one piece or one serving of whole fruit. In addition, whole fruits are more satiating than juices. When meeting the recommended fruit and vegetable intake, it is better to eat them (whole) than drink them (juice). However, one should not completely avoid drinking juice – if it is 100% juice – but you should limit consumption to no more than 120 mls to 250 mls a day.

The freezer section of the grocery store is often stocked with quite a variety of frozen fruits. These are often peeled and cut already (like mango), which is convenient and often less expensive than fresh fruits. Frozen fruits are usually picked and quick-frozen near the point of harvest therefore the nutrients are well preserved. Moreover, some

seasonal fruits such as blueberries are readily available in frozen form. The key to selection is to choose plain frozen fruits without added sugar.

There are a number of fruits that are available in dried form, such as sultanas, raisins, apricots, and pineapple — just to name a few. They also have good nutrient values, keep for a long time, are convenient to carry around, and are high in calories, making them a favourite for hikers and campers. However, some often have sugar added in the drying process, particularly mango and pineapple. Dried cranberries almost always have sugar added, as they are naturally very tart. Even for those without added sugar, the compact volume and sweetness make it quite easy to eat a lot in one sitting, and the calories can add up quickly.

Some dried fruits like sultanas and apricots are also treated with sulphur dioxide to preserve freshness and colour. For most people that is not a concern; however, some individuals are sensitive, especially those with asthma. Sulphur dioxide treatment is labelled on the package, so it is not difficult to avoid if necessary.

### Differences in nutritional value

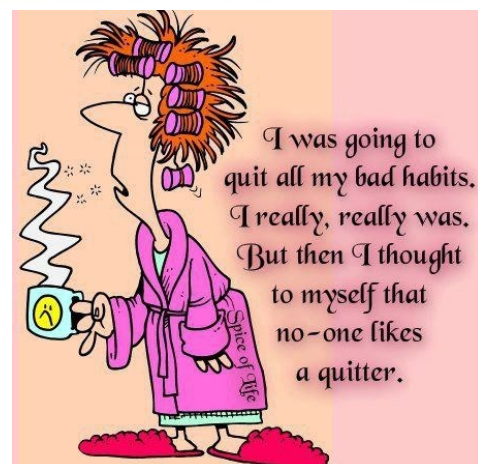
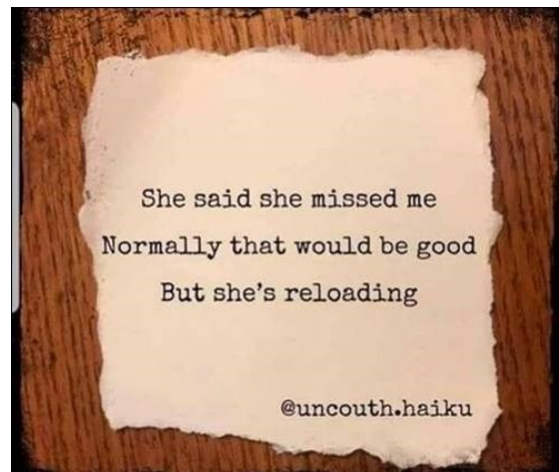
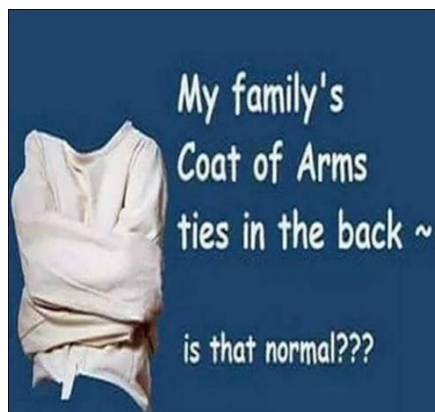
Different fruits are good sources of different nutrients. Citrus fruits are high in vitamin C, and other fruits are good sources of nutrients too. A few examples below:

Nutrient	Major functions	Good fruit sources
potassium	fluid and electrolyte balance, maintaining healthy blood pressure	oranges, raspberries, bananas, cherries, pomegranates, honeydew melons, avocados
iron	formation of red blood cells, brain growth in children	dried apricots, raisins
vitamin C	maintaining healthy immune system, wound healing, antioxidant	citrus fruits, strawberries, kiwi
folate	DNA synthesis, formation of red blood cells, early neural tube development in the foetus	oranges, mangos, avocados
vitamin A	night vision, cell growth, immune function	cantaloupe

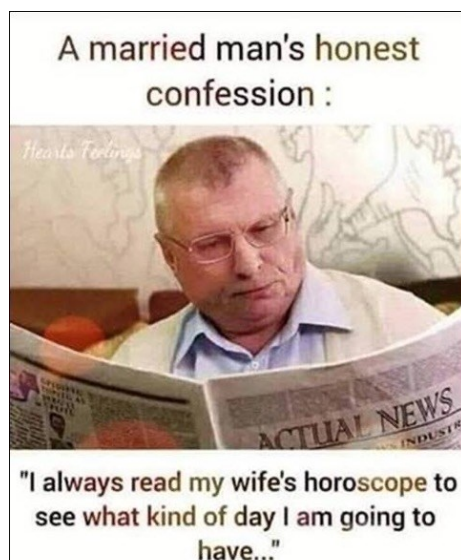
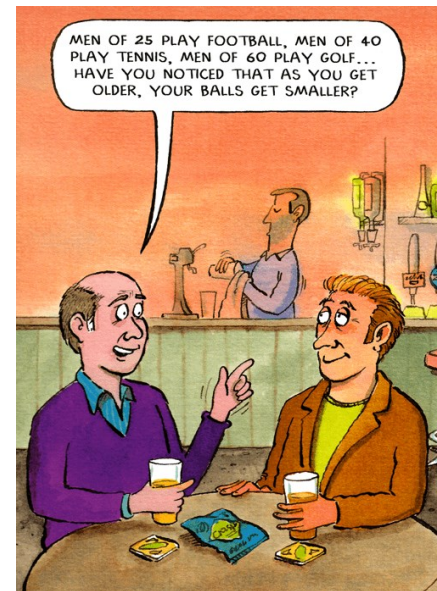
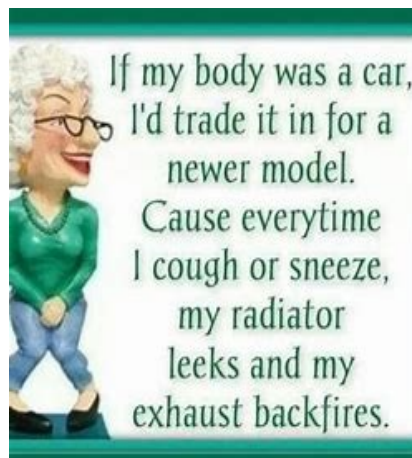
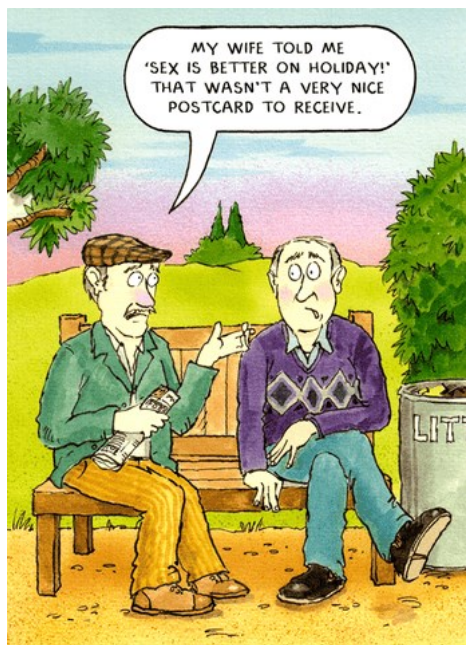
Besides the above nutrients, certain fruits are also high in flavonoids. This is a diverse group of compounds, some of which are potent antioxidants that protect against oxidative damage, and may reduce the risk of certain diseases such as cardiovascular disease and diabetes. In particular, citrus fruits are high in the flavanones class of flavonoids, and blackberries, blueberries, cranberries, and cherries are high in the anthocyanidins class of flavonoids.



## HAVE A LAUGH







## Men Are Just Happier People!

What do you expect from such simple creatures? Your last name stays put. The garage is all yours. Wedding plans take care of themselves. Chocolate is just another snack. You can never get pregnant. You can wear a white T-shirt to a water park. You can wear NO shirt to a water park

Car mechanics tell you the truth. The world is your urinal. You never have to drive to another petrol station toilet because this one is just too icky. You don't have to stop and think of which way to turn a nut on a bolt. Wrinkles add character. Wedding dress – \$5,000. Suit rental – \$100. People never stare at your chest when you're talking to them. New shoes don't cut, blister, or mangle your feet. One mood all the time. Phone conversations are over in 30 seconds flat. You know stuff about tanks.

A five-day holiday requires only one suitcase. You can open all your own jars. You get extra credit for the slightest act of thoughtfulness. If someone forgets to invite you, he or she can still be your friend. Your underwear is \$12.95 for a three-pack. Two pairs of shoes are more than enough. You never have strap problems in public. You are unable to see wrinkles in your clothes. Everything on your face stays its original colour. The same hairstyle lasts for years, maybe decades. You only have to shave your face and neck.

You can play with toys all your life. One wallet and one pair of shoes – one colour for all seasons. You can wear shorts no matter how your legs look. You can 'do' your nails with a pocket knife. You have freedom of choice concerning growing a mustache. You can do Christmas shopping for 25 relatives on December 24 in 25 minutes.

***No wonder men are happier!***

## **NICKNAMES**

If Laura, Kate and Sarah go out for lunch, they will call each other Laura, Kate and Sarah. If Mike, Dave and John go out, they will affectionately refer to each other as Fat Boy, Bubba and Wildman.

## **EATING OUT**

When the bill arrives, Mike, Dave and John will each throw in \$20, even though it's only for \$32.50. None of them will have anything smaller and none will actually admit they want change back.

When the girls get their bill, outcomes the pocket calculators.

## **MONEY**

A man will pay \$2 for a \$1 item he needs.

A woman will pay \$1 for a \$2 item that she doesn't need but it's on sale.

## **BATHROOMS**

A man has six items in his bathroom: toothbrush and toothpaste, shaving cream, razor, a bar of soap, and a towel.

The average number of items in the typical woman's bathroom is 337. A man would not be able to identify more than 20 of these items.

## **ARGUMENTS**

A woman has the last word in any argument.

Anything a man says after that is the beginning of a new argument.

## **FUTURE**

A woman worries about the future until she gets a husband.



A man never worries about the future until he gets a wife.

## MARRIAGE

A woman marries a man expecting he will change, but he doesn't.

A man marries a woman expecting that she won't change, but she does.

## DRESSING UP

A woman will dress up to go shopping, water the plants, empty the trash, answer the phone, read a book, and get the mail.

A man will dress up for weddings and funerals.

## NATURAL

Men wake up as good-looking as they went to bed.

Women somehow deteriorate during the night.

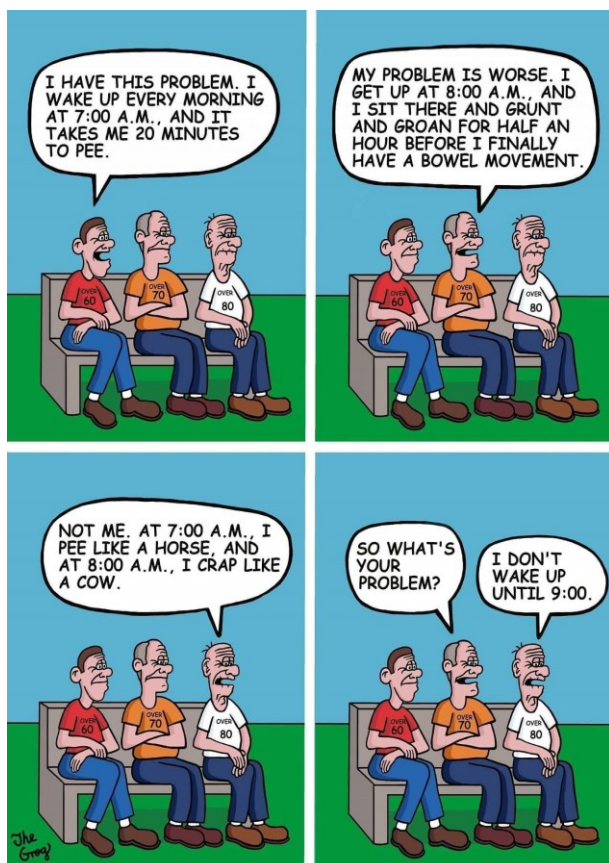
## OFFSPRING

Ah, children. A woman knows all about her children. She knows about dentist appointments and romances, best friends, favorite foods, secret fears and hopes and dreams.

A man is vaguely aware of some short people living in the house.

## THOUGHT FOR THE DAY

A married man should forget his mistakes. There's no use in two people remembering the same thing!



**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?**



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General Manager

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David's email: [manager@omu.org.au](mailto:manager@omu.org.au)  
Or phone: 4128 9011

# CLASSIC ACTRESSES



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

Only 14 this time (You should know them – before the editor's time)

BRIDGETTE BARDOT

CYBILL SHEPHERD

DIANA RIGG

ELIZABETH TAYLOR

FAY WRAY

GRETA GARBO

JAYNE MANSFIELD

JEAN SHRIMPTON

MAE WEST

SHIRLEY JONES

SOPHIA LOREN

TIPPI HEDREN

TUESDAY WELD

TWIGGY



OMU proudly and generously supported by the Queensland  
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**ANSWER**

(the last letter)

In all the words listed, if you take the first letter, place it at the end of the word, and then spell the word backwards, it will be the same word. (Also, the second letter is the same as