

OLDER MEN UNLIMITED HERVEY BAY



"Age is just a number"

NEWSLETTER

INCORPORATING
MARYBOROUGH

September 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 26th September 2022
Guest Speaker: Mark McMurtrie (Community Flights)

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

571



OMU – AGM
Monday
October 24th
10.00 am



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	JOHN LAWRENCE	4128 3630
WALKING GROUP	BOB SYMONS	0490 539 502

REPORTS

ART REPORT:

Art Group Report September 2022.

Art Group under the supervision of Ray Chesterfield continues on unabated. We have been averaging around 8 or 9 per session it was good to see John O'Hara back on board working on his Footrot Flats theme. He is really good at this. Mick G. is working on some portraits at present after completing his velociraptor. David is still working on his sketches (etchings). Ray is still working on his numerous fish on the reef theme. I am working on my Samoan themed village.

Ian T. joined us for a session last months and told us he would join OMU when he moves up from New South Wales.

Noel and Joe have working together but Noel has missed a couple weeks but he seems to getting back into it of late.

Happy and his carer Petrina have been very regular attendees over the last month and appreciate the help they do in washing up etc. "Happy" also encourages all the artists with their endeavours.

I'd also like to thank the art group for supplying a plate of goodies for the bus trip last month.

Regards El Packo.



OUTREACH

We have received the word that some of the places we were visiting are now opening up to visits. Our members are excited and have been getting organised to visit.

The most popular place to visit is the afternoon "Happy Hour" with hot nibbles and drinks and this has started up again which has made some members very happy.

DAVID HOODLESS

BUS TRIPS

Bus Trip Report or How do the Wheels of the Bus Go Round and Round.

Bus trip will be going ahead on 22nd September we are going to Woodgate (Morning Tea) and Bargara (near Bundaberg) for lunch. We could not believe that the Memorial Day for QE II was placed on this day. But all systems are go after checking on the bus driver and the venue at Bargara. We are all wondering if we can find another toilet that sells pies.

We had 9 in the bus last time and looks like we might have the same this time.

We hope to have a convivial trip it commences at Seagulls 8:30 am and will finish at about 4:30 pm at Seagulls.

The next bus trip will be October 27 at 8:30 am we will decide on the route on the way back from Bargara on the bus. Get your name down early for inclusion.

Regards Wrongway Packo



WALKING GROUP



Still looking for a member to step forward and take the reins of this healthy, enjoyable activity. Joe has been unwell of late and has been unavailable to continue. Therefore, we have Bob who has put his hand up to look after the walking group every Thursday. This is a great activity and we are very keen for it to continue – to be the organiser is not hard and I am very sure that you will really enjoy it. It consists of walking and talking (more talking than walking I have been told) Please phone David 4128 9011 for more information. Your interest is appreciated – thank you

DINING GROUP – THE GRUB CLUB

(Thank you Secret Cyril)

Chaos reigns. Chaos reigns supreme in the OMU Lunch Group. So, what's new, I hear you say. Well, you're probably right. But after a few hiccups, we are back on track, at the moment. Because of ill health a few of us have missed a few dinners. Only Simon is still missing. So, we all look forward to his return in the very near future. Peter 2 has made a much-welcomed return. Limping and using a stick but good to see. This week we are off to the much-loved **Fish'n'Grill**. After that who knows. We usually select the next venue at the last lunch so stay tuned.

As I am warming up a very nice apple pie for our dessert, this will be a short report. Bugger – A bit burnt but charcoal is good for flatulence.

CLUBROOMS

The Clubroom at Bideford Street had 216 members visit it for one function or another. The stair lift that was paid for by Bradnam's Windows and Doors is starting to get a work out. The next step which has been raised is to have a canopy of some sort over the stairs to keep them dry and hopefully make the stairs safer.

In August OMU members and their partners enjoyed a day at the Hervey Bay Historical Museum – some photos below



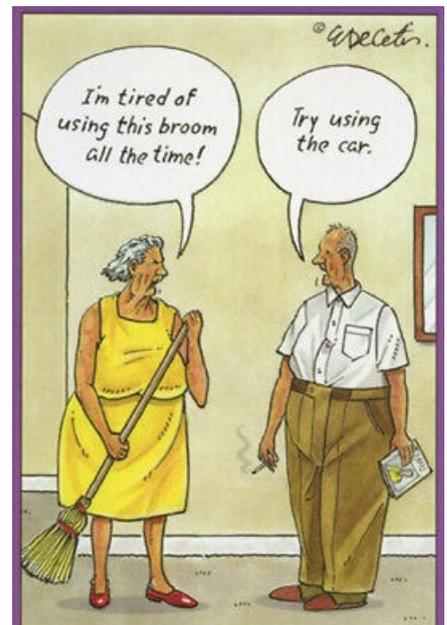
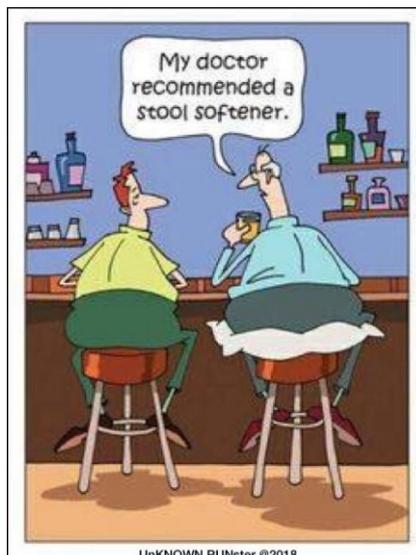
FOR SALE



WESTINGHOUSE – Dishwasher
Good condition
PHONE: Mick 4128 6225



OMEGA – Reverse cycle air-conditioner
Good working order
PHONE: Mick 4128 6225



HAVE A LAUGH

COURT

These are from a book called Disorder in the American Courts, and are things people actually said in court, word for word, taken down and now published by court reporters who had the torment of staying calm while these exchanges were actually taking place:

q : : now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?

a : : did you actually pass the bar exam?

q : : the youngest son, the twenty-year-old, how old is he?

q : : How old is your son - the one living with you.

a : : Thirty-eight or thirty-five, I can't remember which.

q : : How long has he lived with you?

a : : Forty-five years.

q : : And where was the location of the accident?

a : : Approximately milepost 499.



q: : And where is milepost 499?

a: : Probably between milepost 498 and 500.

q: : Do you know if your daughter has ever been involved in voodoo or the occult?

a: : We both do.

q: : Voodoo?

a: : We do.

q: : You do?

a: : Yes, voodoo.

q: : Trooper, when you stopped the defendant, were your red and blue lights flashing?

a: : Yes.

q: : Did the defendant say anything when she got out of her car?

a: : Yes, sir.

q: : What did she say?

a: : What disco am I at?

q: : I show you Exhibit 3 and ask you if you recognise that picture.

a: : That's me.

q: : Were you present when that picture was taken?

But wait, there will be more next month. Lawyer talk

Nicknames for workmates

Wicket Keeper – Puts on gloves and stands back

Harvey Norman – 3 years no interest

Sensor Light – Only works when someone walks past

Noodles – Thinks all jobs take 2 minutes

Blister – Appears when the hard work is done

Lantern – Not very bright and has to be carried

Deck Chair – Always folds under pressure

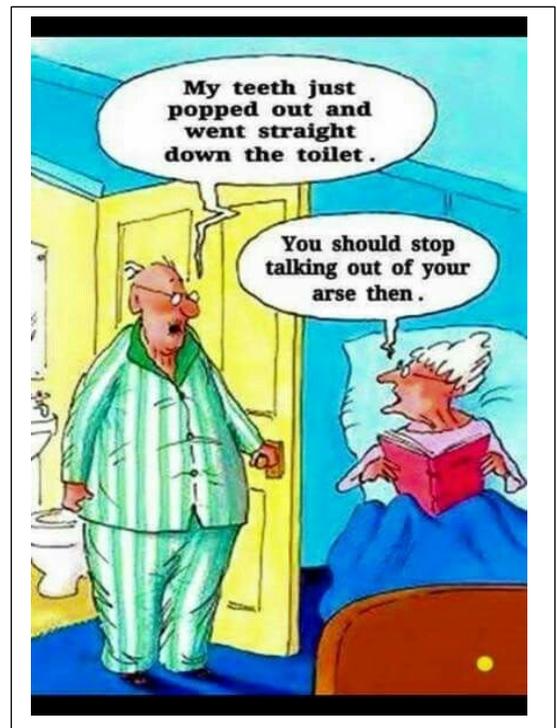
Perth – 3 hours behind everyone else

G-Spot – You can never find him

Bushranger – Always holds everyone up

Wheelbarrow – Only works when pushed

Cordless – Charges all night but only works 2 hours.



THE ALPHABET

Remember when we were a bit younger – A was for Apple and B was for boat but now it has changed for us.

A is for Arthritis **B** is for Bad Back

C is for Chest pains, perhaps Car-di-ac?

D is for Dental Decay and Decline

E is for Eyesight, can't read that top line

F is for Farting and Fluid Retention

G is for Gut Droop, which I'd rather not mention

H is for High Blood Pressure

I is for Incisions with scars that you can show

J is for Joints, out of socket, won't mend

K is for Knees that crack when they bend

L is for Libido, what happened to sex?

M is for Memory, I forget what comes next...

N is for Neuralgia, **O** is for Osteo, bones that don't grow
P is for Prescriptions, I have quite a few **Q** is for Queasy, is it fatal or Flu
R is for Reflux, one meal turns to two **S** is for Sleepless nights, counting my fears
T is for Tinnitus, bells in my ears **U** is for Urinary; troubles with the flow
V is for Vertigo, that's 'dizzy' you know **W** is for Worry, now what's going around
X is for Xray, and what might be found **Y** is for Year, where did it go
Z is for Zest, that I still have in my head.

WHAT IS DIABETES?

Type 2 diabetes

Type 2 diabetes is a condition in which the body becomes resistant to the normal effects of insulin and gradually loses the capacity to produce enough insulin in the pancreas. The condition has strong genetic and family-related (non-modifiable) risk factors and is also often associated with modifiable lifestyle risk factors. We do not know the exact genetic causes of type 2 diabetes. People may be able to significantly slow or even halt the progression of the condition through changes to diet and increasing the amount of physical activity they do.

What causes type 2 diabetes?

Diabetes runs in the family. If you have a family member with diabetes, you have a genetic disposition to the condition.

While people may have a strong genetic disposition towards type 2 diabetes, the risk is greatly increased if people display a number of modifiable lifestyle factors including high blood pressure, overweight or obesity, insufficient physical activity, poor diet and the classic 'apple shape' body where extra weight is carried around the waist.

People are at a higher risk of getting type 2 diabetes if they:

- have a family history of diabetes
- are older (over 55 years of age) – the risk increases as we age
- are over 45 years of age and are overweight
- are over 45 years of age and have high blood pressure
- are over 35 years of age and are from an Aboriginal or Torres Strait Islander background
- are over 35 years of age and are from Pacific Island, Indian subcontinent or Chinese cultural background

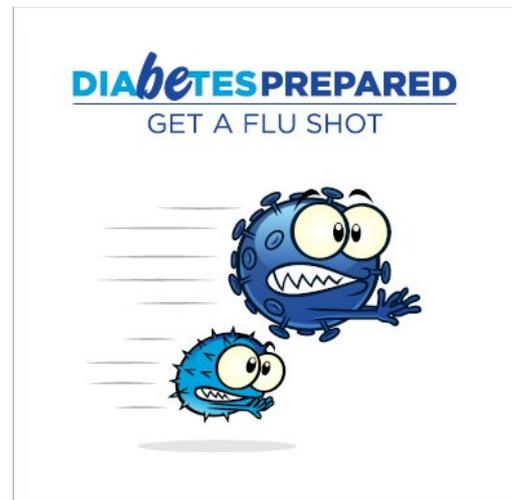
Symptoms

Many people with type 2 diabetes display no symptoms. As type 2 diabetes is commonly (but not always) diagnosed at a later age, sometimes signs are dismissed as a part of 'getting older'. In some cases, by the time type 2 diabetes is diagnosed, the complications of diabetes may already be present.

Symptoms include:

- Being excessively thirsty
- Passing more urine
- Feeling tired and lethargic

- Always feeling hungry
- Having cuts that heal slowly
- Itching, skin infections
- Blurred vision
- Gradually putting on weight
- Mood swings
- Headaches
- Feeling dizzy
- Leg cramps



Type 1 diabetes

Type 1 diabetes is an autoimmune condition in which the immune system is activated to destroy the cells in the pancreas which produce insulin. We do not know what causes this autoimmune reaction. Type 1 diabetes is not linked to modifiable lifestyle factors. There is no cure and it cannot be prevented.

Type 1 diabetes:

- Occurs when the pancreas does not produce insulin
- Represents around 10 per cent of all cases of diabetes and is one of the most common chronic childhood conditions
- Onset is usually abrupt and the symptoms obvious
- Symptoms can include excessive thirst and urination, unexplained weight loss, weakness and fatigue and blurred vision
- Is managed with insulin injections several times a day or the use of an insulin pump.

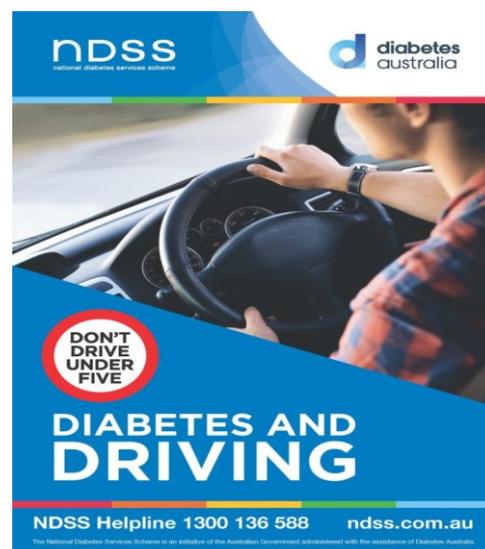
What causes type 1 diabetes?

The exact cause of type 1 diabetes is not yet known, but we do know it has a strong family link and cannot be prevented. We also know that it has nothing to do with lifestyle, although maintaining a healthy lifestyle is very important in helping to manage type 1 diabetes.

At this stage nothing can be done to prevent or cure type 1 diabetes.

Symptoms

- Being excessively thirsty
- Passing more urine
- Feeling tired and lethargic
- Always feeling hungry
- Having cuts that heal slowly
- Itching, skin infections
- Blurred vision
- Unexplained weight loss
- Mood swings
- Headaches
- Feeling dizzy
- Leg cramps.



These symptoms may occur suddenly. If they occur, see a doctor. Through a simple test, a doctor can find out if they're the result of type 1 diabetes.

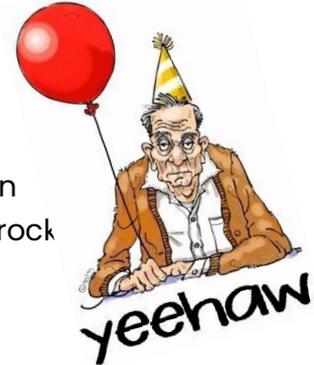
Management, care and treatment

Type 1 diabetes is managed with insulin injections several times a day or the use of an insulin pump. While your lifestyle choices didn't cause type 1 diabetes, the choices you make now can reduce the impact of diabetes-related complications including kidney disease, limb amputation and blindness.

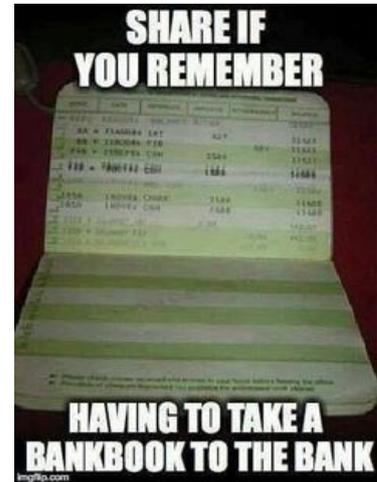
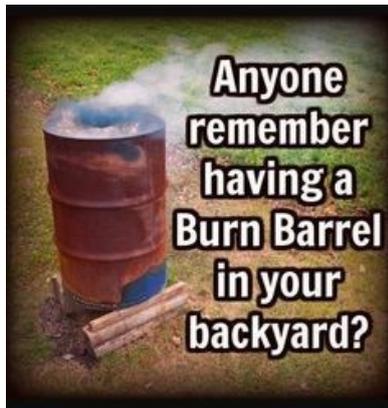
BIRTHDAY BOYS – SEPTEMBER

Willem Eekelschot Peter Thorton
Len Knight Ken Chambers
Des Langford Joe Endres
Steve Borbas Chris O'Brien

Harry Duncan
Richie Tottman
Charlie Wondrock



BABY BOOMERS – REMEMBER THESE?



After 2 weeks of quarantine with her husband, Gertrude decided to knit him a scarf..



NEXT MORNING TEA MEETING (AGM)
 (MONDAY) 24TH OCTOBER 2022 – 10.00 AM
SEAGULLS FOOTBALL CLUB
 187 BIDEFORD STREET

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

www.mowfc.org.au

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 the mail, offer
 a hand or
 call help if
 it's needed.*



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 than just
 a meal**

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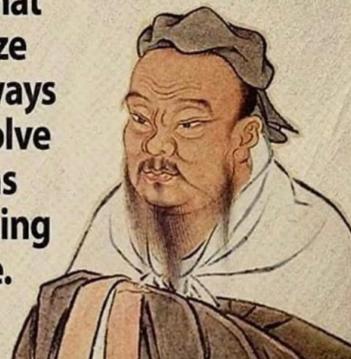

Lifeline

Saving Lives

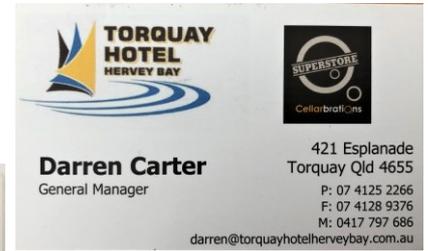
Crisis Support. Suicide Prevention

13 11 14

It is only when a
 mosquito lands
 on your
 testicles that
 you realize
 there is always
 a way to solve
 problems
 without using
 violence.



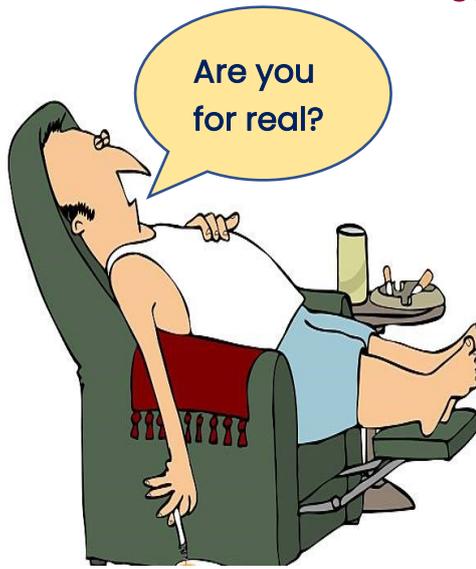
THANK YOU – Local businesses that support OMU. Without this support OMU would not be able to provide the level of support that we now do. This is a way that communities survive and prosper by all of us supporting each other. OMU sincerely appreciates your enthusiasm and commitment with the support you 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 –



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

There are 22 words to find this time – some mountains in this one:

- ALPS ANNAPURNA APPALACHIAN CLIMBING ELEVATION EVEREST
- FAULTS FINSTERAARHORN GASHERBRUN HIMALAYS ICE KILIMANJARO
- LHOTSE MAKALU NILKANTHA OLYMPUS ROCKIES SNOW
- SLIP SUGARLOAF TREES VOLCANOES

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