

# OLDER MEN UNLIMITED HERVEY BAY



## OMU LOCAL

INCORPORATING  
MARYBOROUGH

### SEPTEMBER 2023

*Patron:* George Seymour (FCRC Mayor)



**Meeting 25<sup>th</sup> September 2023**  
**Guest Speaker: Neil Conway (Dept Ag & Fisheries)**

#### 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	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:**

Another month has come and gone and O.M.U. still continues to move ahead. We have welcomed quite a few new members and also seen the return of some "old" members. Another good sign for our Hervey Bay branch is a rise in the number of "Vollies" (volunteers) for the ticket sales and the sausage sizzle on Saturdays at the Urangan Pier Markets as well as ticket sales in Torquay on Wednesday and Thursday mornings. These both provide much needed funds for events like Picnic in the Park, Christmas in July and the upcoming Melbourne Cup Day. They also pay for Tuesday afternoons and Friday mornings, Art Group Supplies and Entrance Fees to various attractions visited by the bus trips. The bus trip makes a welcome return after some much-needed repairs so hopefully the unforeseen stops and won't be the main talking point. Also, Chris O'Brien and his crew have put in a mammoth effort in the canteen for the various events at the Oval on the Seagulls playing days. Keeping a mob of hungry school kids fed and watered is no mean feat. It takes a great deal of planning to make sure the day goes well with so many variables that can occur. So well done to the canteen crew. I would like to take this opportunity to point out that it is our Annual General Meeting and the election of Officers in October. So, if you feel you have something to offer, please nominate. Nomination Forms are on the wall neat the café bar or see David in the Office. It is always good to have new blood on the Committee to provide new ideas to grow O.M.U. and that is what we all want, a strong, vibrant club moving ahead to a bright future.

**JOHN LAWRENCE**

### **MARYBOROUGH**

#### **ACTIVITY REPORTS**

**Outreach:** - We have now had three successful visits back at Chelsea and the last Monday at two o'clock time seems to be working okay. The next visit to a Nursing Home will be tomorrow to Yaralla. The Outreach roster for September is on the noticeboard so if you can make any of the visits your attendance would be most appreciated. The plan is for the fellows from Maryborough Community Care (Signature) to visit us again on Wed. the 20<sup>th</sup>. September for a morning tea so if you can attend the Activities Centre that morning it would be appreciated.

**Workshop/Activities** – 122 members attended on the 12 days the workshop was open so far for August. The workshop raised \$581 for the group during August. Still a quiet time in terms of activity in the workshop with two benches currently on order. We are still looking for a good outlet for the bits and pieces that the members have been making in the workshop so if anyone has any ideas, please share them with Frank or other committee members. If we can find a regular outlet for them, then members will always have something positive to do during their time in the workshop. For further information – contact Frank Grant – 0490478193.

**Fund raising** – Sausage Sizzles: The Bunnings sausage sizzle held on Sat the 5<sup>th</sup>. August raised \$615.00. The next sausage sizzle will be held on Sat. 23<sup>rd</sup> September and volunteers will be called for at the next morning tea. Further dates have been allocated for Sat 14<sup>th</sup>. Oct. as have other times for the last 3 months of the year and we will advise the exact dates later. 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:** Eight members will go on a trip in the "Claypso" from Hervey Bay on the 7<sup>th</sup>. September. It has been decided to postpone a trip to Turkey Beach for the time being until there are more members able to make the trip and instead focus on a one-day trip closer to home, possibly from Burnett Heads.

**Walking Group:** The walking group is still doing its thing. Claus has introduced his dog Archie, a greyhound to the band of walkers. It is great to have dogs again as part of this group. The numbers vary and breakfast is always enjoyed, along with the usual talkfest. It has been good to see Winton coming for breakfast, though not walking as yet due to his leg break. New members are welcome. You can walk at your own pace and a free breakfast happens on one Wednesday during the month and that keeps the walkers guessing.

#### **More from Glen:**

We are lucky to have the person who created OMU as our Secretary and Gerald's guidance and contributions are beyond value. Our long-term committee members turn up every week and every month to manage the finances and the activities to make sure all of our members are able to participate in and benefit from the wide variety of activities that OMU provides and all for \$10.00 per year! I don't know of an organisation anywhere else that provides the sort of service to its members that OMU Maryborough does. Even though I will not be the Convenor or on the committee any more, my commitment to this great club for men will remain the same.

I say a big " THANK YOU" to all of those who have served on the committee and on the sub-groups during my tenancy as Convenor. See you at the clubhouse.

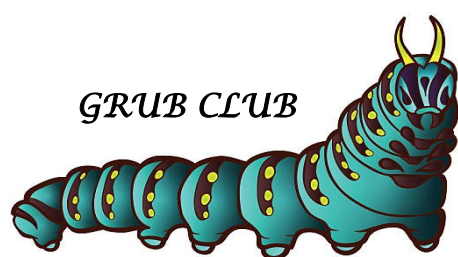
Glen

## "THANK YOU, GLEN"

The contribution made to OMU and especially to the Maryborough Group by our outgoing Convenor is immeasurable and certainly can't be adequately expressed in words. Glen was an original member and has served for nearly 7 years over two terms as our Convenor. He accepted the position and the responsibility that goes with it without hesitation and has been fully committed to making the role an outstanding success. His leadership has been instrumental in establishing the Maryborough group as the solid, sound and productive entity that it is today. He has embraced the goals of the organisation to support senior men in whatever way possible and has been, during his tenure as Convenor, engaged in a hands-on role in all aspects of the group's activities. It is great to hear that Glen plans to continue to contribute as an active member of OMU so we look forward to many more enjoyable times working with him to support each other and all older men in our community.

## DID YOU KNOW?

Did you know a group of frogs is called an army?  
Did you know a group of rhinos is called a crash?  
Did you know a group of kangaroos is called a mob?  
Did you know a group of whales is called a pod?  
Did you know a group of geese is called a gaggle?  
Did you know a group of owls is called a parliament?



Like a pack of hungry bull sharks raging through a school of mullet in a feeding frenzy, O.M.U. grub club moves from Café to Pub to Asian to who knows where. Maybe I do exaggerate just a little, but we like a good meal at a good price. Numbers have fluctuated as some move on to other things but all seem to return in the end. We all have a goodtime. So, if you are looking for something to do at Wednesday lunch time, you will always be welcome. So, look out every Friday morning tea to find out the next location.

**JBL**

## BUS TRIP

No Bus trip in August due to the bus requiring some renovations.

## ART GROUP

### POEM BY JEFF AMY

So we gather on Wednesdays  
For matters of art  
An eclectic collection  
Of OMU old farts

A mixture of talents  
Are there to display  
But there's more to this venture  
Than they ever do say

The chance to discuss  
Or argue or debate  
On any old matter affecting  
Our day to day fate

There is nothing better  
Than painting and talking  
With like minded mates  
Sympathetic to your well-being

But then there's the feast  
Skilfully crafted by Ray  
Savoury and sweets  
Laid out on display

But I can't paint  
Comes a voice full of woe  
"Here pick up this paintbrush  
And let your skill show"

And slowly but surely  
A picture that relates  
to a landscape or photo  
To share with your mates

Another great month has been had by all!  
The two Ian's are both kicking goals. Packo is working on an illustration of a lion with a bad tooth, IT is working on a really nice seascape of Torquay pier. Ray is doing a triptec of flowers. Jeff did an excellent boob tree at sunset, very bright!  
Our best mate Noel has given horses a skip this month and doing a nice parrot.  
Our "new boy" Mulga is also doing a parrot. Happy is eying off the little boys and sausage rolls! Jonno is doing his favourite "dog" out of Footrot flats. David is working on a great portrait of bees! Mick is working on a dinosaur portrait.  
And that's it for this month. Come and join us.  
**Steveo**



## 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. (at the community hub)

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.



## **MEN'S HEALTH**

**Let's talk about it – something that is not talked about often but needs to be.**

You might think that yeast infections only affect women, but men can get thrush too. Aside from the discomfort, it's no big deal. Here's what you need to know about yeast infection in men, including common causes, symptoms you should get checked out and how to treat the condition easily.

### **What is thrush?**

Our bodies are home to lots of different organisms including bacteria, viruses and fungi. Common fungi are yeasts called Candida, which particularly like warm, moist areas like your mouth and genitals. When an overgrowth of Candida occurs, you will experience symptoms of a yeast infection, also called thrush or Candidiasis.

Tinea is a different type of fungal infection. It's known as ringworm when found on your trunk, limbs or scalp, athlete's foot when your feet are affected, or jock itch when your groin area is affected.

### **What causes thrush in men?**

There are a few things that can increase your risk of a yeast infection:

- Skin irritation
- Taking antibiotics
- Taking medications that suppress the immune system, such as chemotherapy or corticosteroids
- Having a weakened immune system (e.g., HIV)
- Poorly managed diabetes
- Poor hygiene, especially if you have a foreskin

### **What are the symptoms of yeast infection in men?**

A yeast infection will mainly affect the head of your penis, especially if you're uncircumcised, as your foreskin keeps the area warm and moist. Symptoms of thrush in men include:

- Red rash on your genitals, mainly under the foreskin, which may be itchy
- Small red spots on the head of your penis
- Discharge from your penis
- Pain when you urinate
- Difficulty pulling back your foreskin
- A smelly, 'cheese-like' substance under your foreskin
- You might also have no symptoms at all.

### **How is thrush diagnosed in men?**

Your doctor can diagnose thrush by examining your genitals and taking a swab to confirm an overgrowth of Candida. Your doctor may also test for sexually transmissible infections (STIs), which can cause similar symptoms.

## What is balanitis?

Balanitis is the medical term used for inflammation of the glans penis (the head of the penis). Balanoposthitis refers to inflammation of both the head and foreskin of the penis. Fungal infection is the most common cause of balanitis.

Can you get thrush from your partner? Is thrush a sexually transmitted infection (STI)?  
**Yes**, you can get thrush from your partner, and you can pass thrush to your partner.

Studies have looked at specific strains of Candida in the mouths, bums, and bits of men and women, and show that the strains are shared between partners. However, this isn't the most common cause of a yeast infection, and they aren't considered STIs.

## How do you treat yeast infections in men?

The good news is that thrush is often simple to treat.

Sometimes good hygiene can be enough to clear things up. Make sure you always gently wash your genitals – avoiding soaps and shower gels, which can make irritation worse – pulling the foreskin back and cleaning the head of your penis. When you're drying yourself, make sure to be gentle and thoroughly pat dry.

If you're still struggling, visit a pharmacist or GP to see if antifungal cream might be helpful.

## NEW MEMBERS: AUGUST / SEPTEMBER 2023

Les Williams  
David Simpson  
Paul Gray

Denis Murphy  
Brian Ryan  
Paul Wood

John Ellis  
Phillip Beetham  
Charles Jeppesen



## BIRTHDAY BOYS: SEPTEMBER 2023

Steve Borbas  
Mannly Dubroy  
Len Knight  
Denis Murphy  
Charlie Wondrock

Geoff Bryant  
Willem Eekelschot  
Des Langford  
Chris O'Brien

Ken Chambers  
Joe Endres  
Norm Lassen  
Richie Tottman

## KEEP MONDAY 23<sup>RD</sup> OCTOBER FREE

**WHY?**

**OMU AGM**

HELD AT SEAGULLS FOOTBALL CLUB  
187 BIDEFORD STREET TORQUAY  
COMMENCING AT 10.00

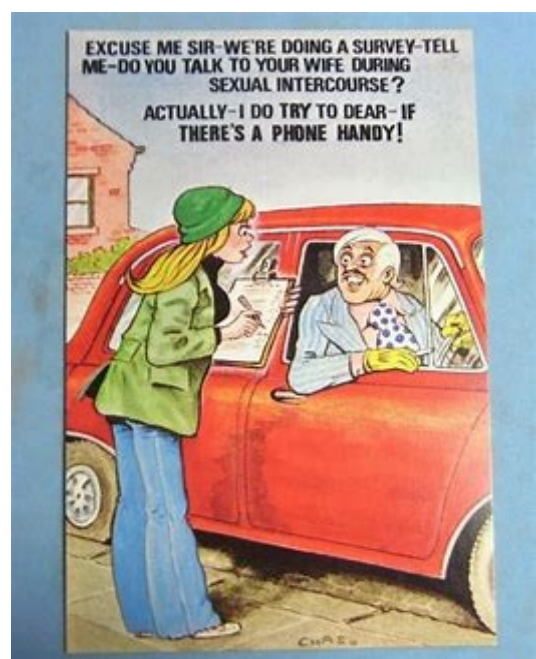
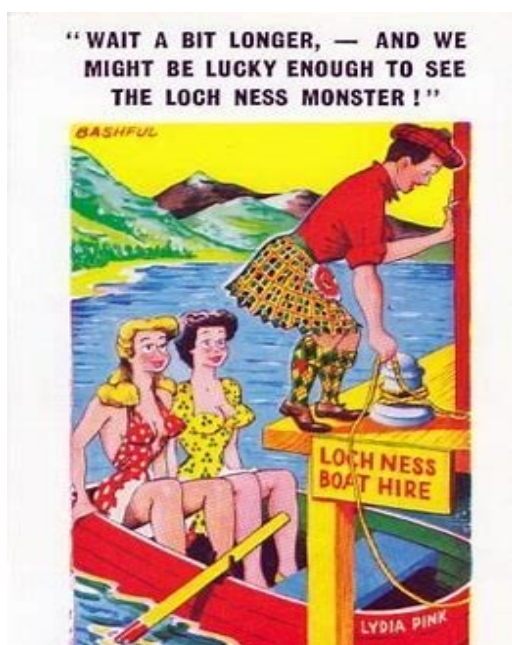
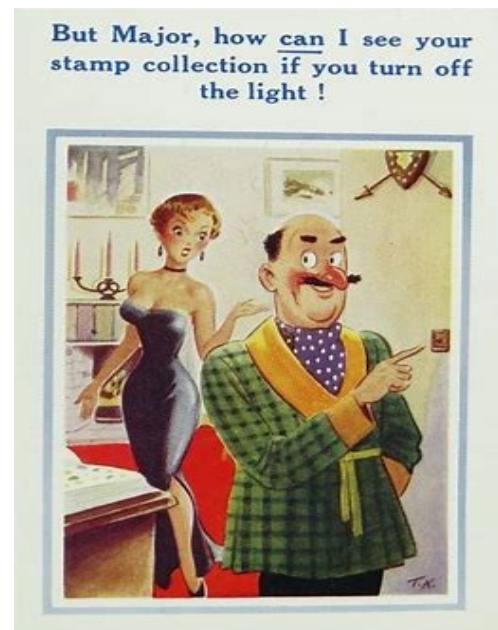
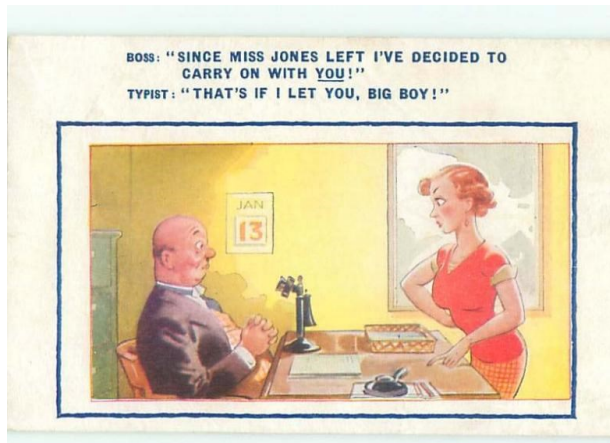
POSITIONS UP FOR RENEWAL:

PRESIDENT, VICE-PRESIDENT, SECRETARY, TREASURER AND 1 COMMITTEE MEMBER.

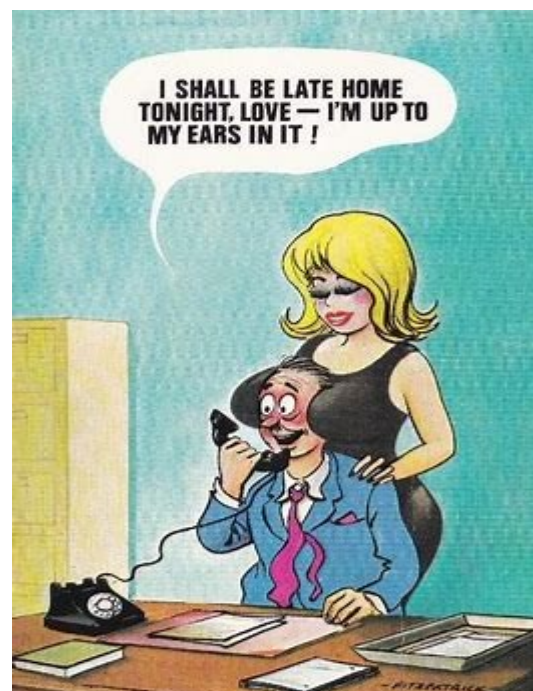
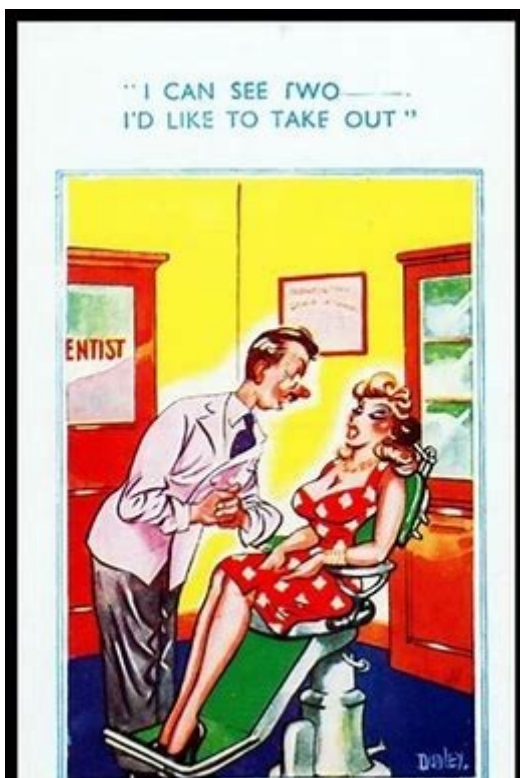
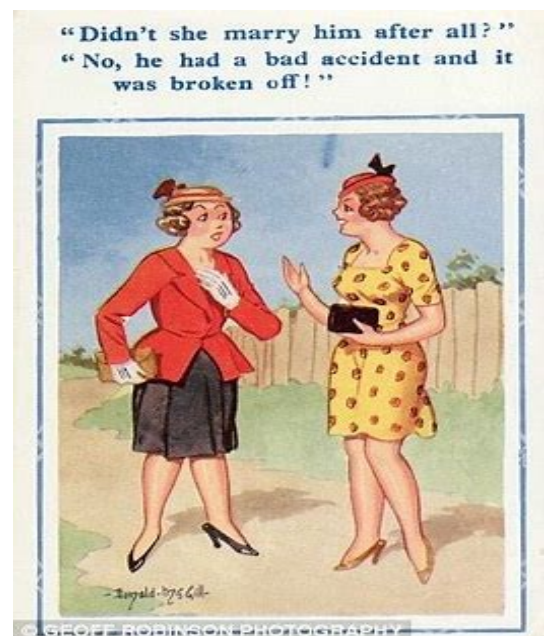
NOMINATION FORMS AT THE CLUBROOM AND CLOSE 9<sup>TH</sup> OCTOBER 2023



## HAVE A LAUGH – MEMORY LANE (1960'S POSTCARDS)











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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Fraser Community

**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)



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Crisis Support. Suicide Prevention

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**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.



## PESTS



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

Only 25 this time:

ANTS

FLEAS

MICE

NEMATODES

THISTLES

APHIDS

FLIES

MITES

RATS

TICKS

BUTTERFLY

FOXES

MOLES

SCALE

WASPS

CODLING MOTH

FUNGI

MOSQUITOES

SLUGS

WEEDS

DANDELION

LEECHES

MOUSE

SNAIL

WEEVIL



**PUZZLE:** 9 dots – can you join them all up with only 4 straight lines **without** taking your pen of the paper?  
(Answer in the next edition)

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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](http://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](mailto:manager@omu.org.au)  
Or phone: 4128 9011

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