

OLDER MEN UNLIMITED HERVEY BAY



OMU LOCAL

INCORPORATING
MARYBOROUGH

OCTOBER 2023

Patron: George Seymour (FCRC Mayor)



Meeting 23rd October 2023 Annual General Meeting (AGM)

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 1st Tuesday of each month

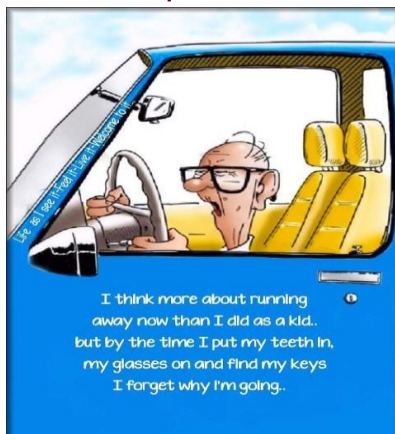
Where: Frank Lawrence Circuit, Maryborough Airport (last shed on the right)

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:

The last one the final chapter in my illustrious career as President of O.M.U. I'm not sure who I sound like, Vladimir Putin or Donald Trump, but I can assure we will not be invading Bundaberg and the only papers in my bathroom come from Quilton – extra width of course.

I can say I have enjoyed the ride and wish the next President all the best. I would like to take this opportunity to thank all the Members of the Committee for their support and guidance over the last year. I cannot speak too highly of them. Also, a special thanks to our Admin Officer "Hoodie" for his help in all things keeping our club on the straight and narrow.

One of my first duties when I became president was to sign a receipt for a rather large sum of money willed to O.M.U. by a former member Roy Barnes. This has put O.M.U. in a unique position. We can support a wide range of projects in the wider community as well as the members of O.M.U. The list of improvements is a long one, Community flights, bus trips, sausage sizzle van to name just a few. On a more somber note, we have bid farewell to some great friends who helped make O.M.U. what it is today. But on a brighter note, we have welcomed a lot of new members who will help our club move on to bigger and brighter futures in the years to come.

An Observation:-

At times each and every one, of us says or does things which could annoy or upset other members. Our greatest asset as a club is our ability to look past these lapses and see the bigger picture. This is what makes O.M.U. an ever-evolving entity and I hope Gerald Wyatt whose foresight saw a need for an "O.M.U." is just as proud and pleased with what we O.M.U. has become, as I am. To be able to say when looking back at O.M.U. I, in my own small way, had a hand in that is a memory I will have for the rest of my life.

Thank you all

JOHN LAWRENCE

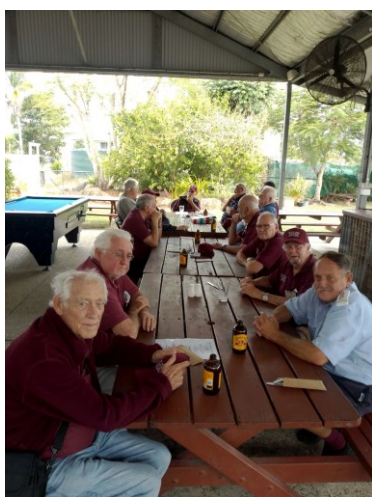
MARYBOROUGH

15 members went on the monthly bus trip, it was a mystery trip to keep the members guessing, anyway, morning tea ended up at Poona, a bit overcast, but this was okay. Later, off again, we travelled through forestry roads, back onto the highway, turning into Gunalda, then travelled to Theebine for a lovely lunch at the Pub. A big thankyou to OMU for treating us to lunch, later at 2.00 pm we headed for home.

A great day out.

The walking group is still stepping out, the numbers vary from week to week. We appear to have more members for breakfast. Tall stories are told, all true, a free breakfast happens once a month, still a guessing game. As usual, all members are very welcome, walk at your own pace. Walk commences at 7.00 am, four different walks each month, usually finish at around 9.00 am.

Cheers Richard.



Outreach: – Is continuing on a regular basis with up to 5 members participating when they can – usually 2 – 3 per visit. We have received a request from two of the nursing homes to make more of the wooden models for residents to put together. The roster for the October is on the notice board so if you have an hour to spare on any of the visitation days, your attendance would be most appreciated. The residents from Maryborough Community Care (Signature) will visit us again on Wed. the 18th. October for a morning tea so if you can attend the Activities Centre that morning it would be appreciated. Remember that Outreach is basically the reason the organisation was established originally and is how it differs from the majority of other support groups such as Men's Sheds.

Workshop/Activities – Over the 15 days the centre was open this month, 179 members have attended, which is an increase from recent months. The workshop has contributed nearly \$800 to the group funds during September. Twenty more bat boxes have been nearly finished with work on them being assisted considerably by the donation of a nail gun by the person who the boxes are being made for. A shade sail has been placed over the cabinet used to display workshop items for sale outside the centre on Frank Lawrence

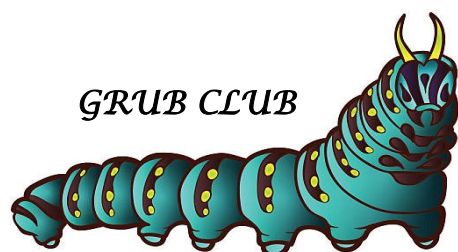
Circuit. A load of Silky Oak timber has been delivered to the workshop recently for use in a number of projects. It has been decided to delay the annual sale of workshop and other items until probably next year when more items should be available. Members are asked to let Frank Grant know if they have any items they would like to donate to the sale or have sold on commission. For further information – contact Frank Grant – 0490478193.

FUND RAISING – Sausage Sizzles: The Bunnings sausage sizzle held on Sat the 23rd. September grossed \$858.00 The next sausage sizzle will be held on Sat. 14th. October and volunteers will be called for at the next morning tea.

Fishing group: Eight members went on a very enjoyable trip in the “Calypso” from Hervey Bay on the Thursday 7th. September. The proposed Turkey Beach trip has been postponed until further notice. Ian has contacted the Burnett Heads cruise group and obtained quotes for a possible trip with them around May next year. The cost will be \$350 per person for six people or \$370 per person for five people. Expressions of interest will be asked for at next week’s morning tea.

Walking Group: The walking group is still stepping out with varying numbers, but we seem to have more members for breakfast. It is a great social morning where tall stories are told, all true of course. New members are welcome and you walk at your own pace. There are 4 different walks a month with a 7:00 am start and finish about 9:00 am. A free breakfast happens one day of the month to add to another great activity for OMU members.

Our new Convener Peter has been researching the options re any possible expansion of the current Activities Centre site. He has had meetings with one of the local councillors, Paul Truscott, and the shire council have agreed to consider the use of the land between the Activity Centre and the airport for a community services organisations precinct. This will be longer term option given the time it will take for council to review the zoning etc. of this land. Peter is going to keep meeting with the council to get a suitable outcome for the group.



Eating with O.M.U.

The lunch group A.K.A., The Grub Club moves on, like a herd of Mongolian ponies across the landscape, nibbling a bit here a bit there, in that vast plain of Hervey Bay’s dining out scene. The main herd keeps moving, attracting the odd, some of them very odd, stray. Some come and stay and some leave never to be seen again. But that’s just the way of

the herd – I mean the Lunch Group. We usually decide each week where we be grazing – Dining – next, but check each Friday for the location of the next pasture.

JBL

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.

NEW MEMBERS: SEPTEMBER / OCTOBER 2023

David Simpson Paul Gray Phillip Beetham

BIRTHDAY BOYS: OCTOBER 2023

Joe Brakels	John Ellis	Terry Flemming
Butch Foxall	Steve Froome	Ian Taylor
Bill Manns	Joe Mather	Garry Monaghan
Ian Price	Peter Sawtell	Alan Stevens



Men's Health

Do you know the biggest threats to men's health? Heart disease and cancer top the list. Others include injury, lung disease, stroke and diabetes. Although you may not be able to prevent all of these, some can be prevented. Healthy lifestyle choices, such as eating a healthy diet and moving every day, can help.

To protect your health, avoid risky actions, such as smoking, drinking too much alcohol and having casual sex.

And take steps to keep yourself safe. Use a seat belt when in a car. Wear a helmet when on a bike or motorcycle. Use a safety ladder to reach high areas. Manage illnesses such as high blood pressure, diabetes and high cholesterol. Practice safer sex. Get all the suggested health screenings and vaccinations for your age.

Keep in mind, too, that health issues can change with age. For example, many men gain weight as they get older. Is that a health problem? It can be, especially if the extra weight is in the form of belly fat.

Hear better, improve your balance, enjoy life

If you have hearing loss, you're not alone. Hearing loss affects millions of people in Australia and becomes more common with age. About 1 in 3 Australians between ages 65 and 74 has hearing loss. This number jumps to 1 in 2 in adults over age 75.

Problems with your ears, whether they're related to hearing, balance or both, can chip away at your self-confidence, affect how well you communicate, and make life less enjoyable overall. If you're having trouble hearing, you may feel uncomfortable in social situations. You may feel frustrated as you try to go about your day. You may find it easier to withdraw from others. People may see you as timid or disconnected and give up trying to communicate with you.

Likewise, dizziness and balance issues can cause their own variety of struggles. When you're walking, transitioning from a footpath to grass may be difficult. It may be hard to get out of bed in the middle of the night without stumbling. Dizziness and balance problems can make it more likely that you'll fall and get seriously injured, and your fear of falling may keep you from leaving your home to interact with others. Issues with balance and dizziness can have a number of different causes, and problems with the ears are among them.

Are you experiencing hearing loss?

Ask yourself the following questions:

- Do you have trouble hearing on the telephone?
- Do you have to strain to understand conversations?
- Do you have trouble following a conversation when two or more people are talking at the same time?
- Do you have trouble hearing in a situation with a noisy background?
- Do people say that you turn the TV volume up too high?
- Do you find yourself asking people to repeat themselves?
- Do many people you talk to seem to mumble or not speak clearly?
- Do people get annoyed because you misunderstand what they say?
- Do you respond inappropriately to what people say?
- Do you have trouble understanding people who have high-pitched voices or are soft-spoken — often women and children?

If you answered yes to three or more of these questions, ask someone who knows you well to consider these questions with you in mind. He or she might notice signs of hearing loss in you long before you do and prompt you to get help. From there, consider asking your doctor about having a hearing evaluation.

Are you experiencing imbalance or dizziness?

Ask yourself the following questions:

- Do you feel unsteady?
- Do you feel like the room is spinning around you, even for a moment?
- Do you have trouble following a conversation when two or more people are talking at the same time?
- Do you feel like you're moving when you're sitting still?
- Have you lost your balance or fallen?
- Do you feel like you're falling?
- Do you feel lightheaded or as if you might faint?
- Is your vision blurry?
- Do you feel disoriented or lose your sense of location?

If you answered yes to three or more questions please talk to your medical practitioner.

Do you have concerns about your aged care?

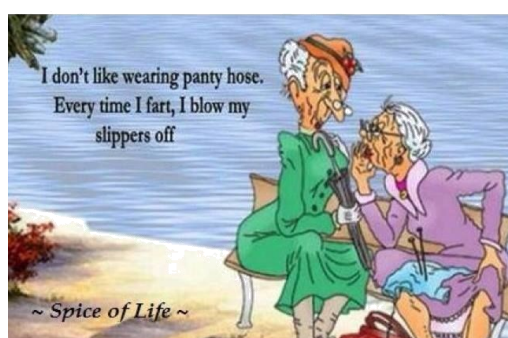
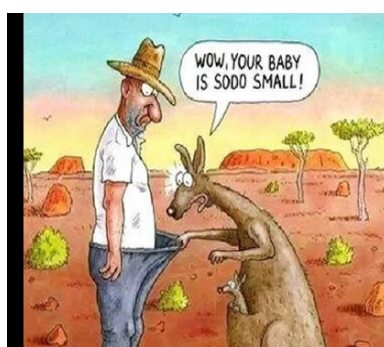
Do you require assistance?

- Ensuring your right to have visitors upheld.
- Understanding age care provider services or fees.
- Accessing, or receiving the most from, your services.
- Having a say in your care and the things that impact you.

If your answer is yes, or you simply want advice about your aged care services – chat with us.

PHONE 1800 700 600 – ADA Australia (member of the Older Persons Advocacy Network {OPAN})

HAVE A LAUGH –



GIBBLEGUTS.COM By Dan Gibson



Elmer seemed to get a lot more attention from the ladies after he started wearing his colostomy bag to the front.



OMU Management Committee has been approached to approve a subsidy of \$150 toward the installation of security 'kill switches' by an approved installer in members vehicles if they wish.

Members are advised that some later model vehicle costs for the installation may be higher due to the complexity of the installation. The OMU subsidy amount will still be \$150 and members may have to pay the difference.

For those interested please list your, and your vehicles details below.

Any questions may be addressed to Ian Goodall.



GUESS WHO?

2 Clues:

It's a boy and
he is a member of
OMU





KEEP THESE HANDY NUMBERS

- ADA Australia 1800 700 600
- Aged Care Quality and Safety Commission 1800 951 822
- 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?

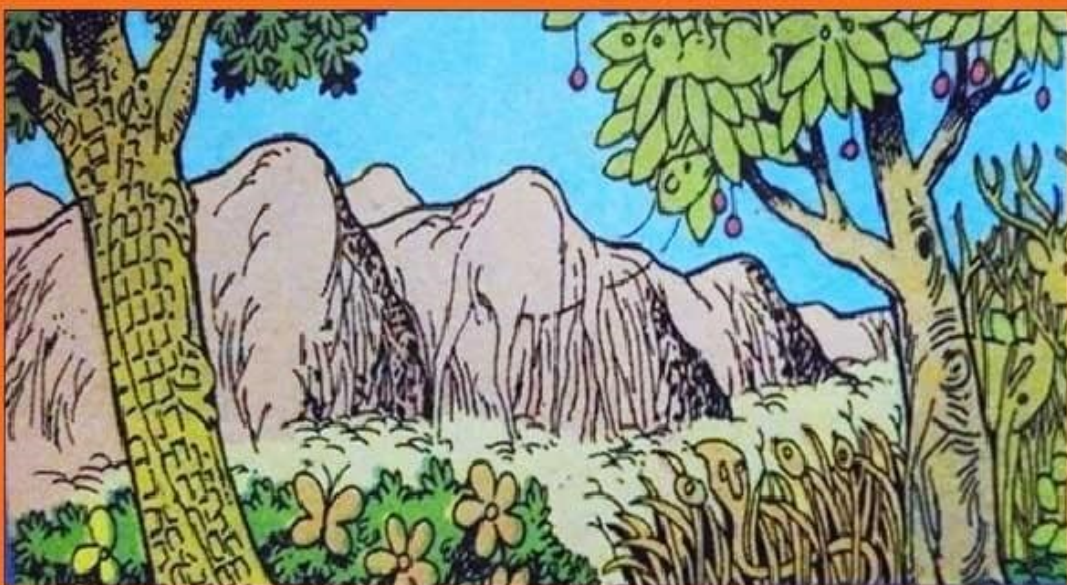
DON'T FORGET YOUR MATES!

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?



How many animals can you find in the picture?

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

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Fraser Community

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VOLUNTEERS TO ASSIST MEALS ON WHEELS

MORE INFORMATION PLEASE CONTACT:

MARIA – 4128 1334

OR EMAIL manager@mowfc.org.au

Lifeline Saving Lives

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13 11 14

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.

Retro Espresso COFFEE CO

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MARYBOROUGH 87 GYMPTIE RD, TINNARA (07) 4122 2120

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Only 24 this time:

- ABERDEEN

ANGUS

BEN LOMOND

CLYDE

DUNDEE

EDINBURGH
- FIRTH

FOREST

FORT

HAGGIS

KILT

LOCH LOMOND
- NORTH SEA

OATCAKE

PIPER

PLAID

PORRIDGE

RIVER DEE
- SCOT

SPORRAN

SAINT ANDREWS

TARTAN

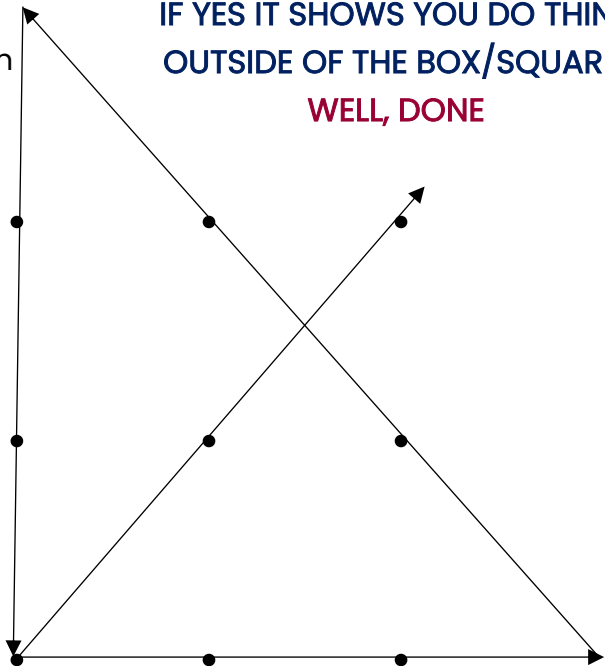
WEE DRAM

WHISKY

PUZZLE: 9 dots – can you join them all up with only 4 straight lines **without** taking your pen of the paper?
THE ANSWER



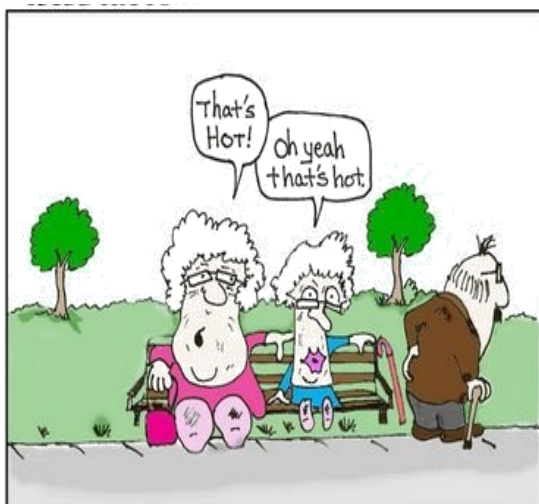
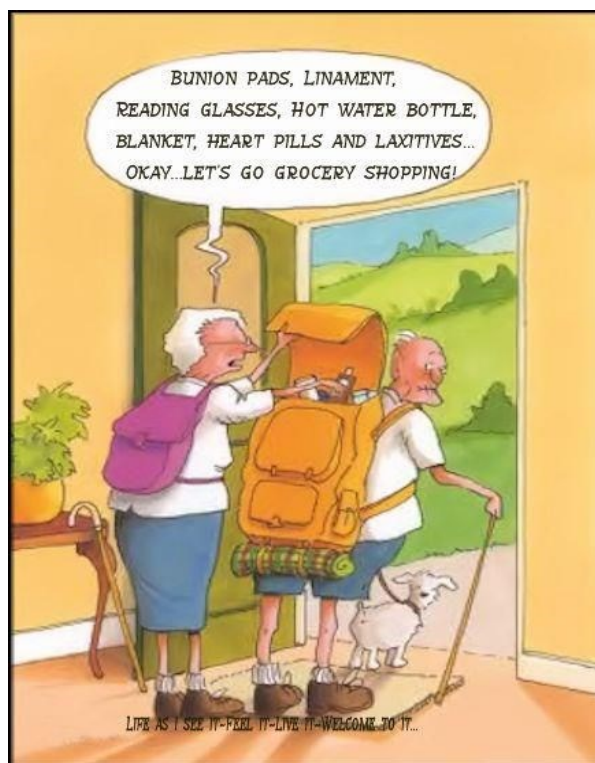
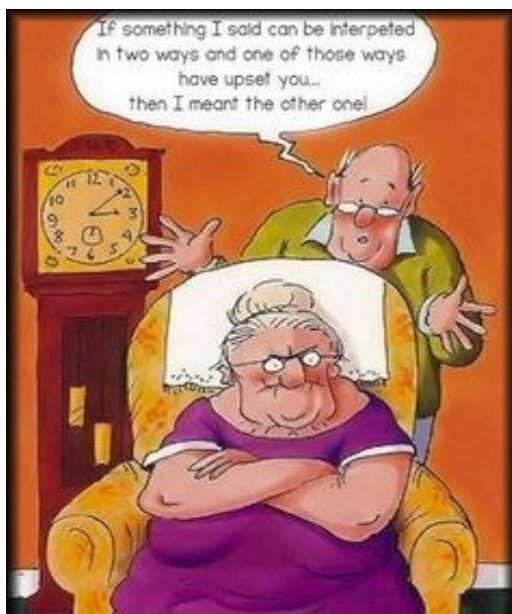
WHO WORKED IT OUT?
 IF YES IT SHOWS YOU DO THINK
 OUTSIDE OF THE BOX/SQUARE!
 WELL, DONE



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



The Simple Life- 2057 Reunion Show

OMU proudly and generously supported by the Queensland Government.

Funded by

