

OLDER MEN UNLIMITED HERVEY BAY



OMU LOCAL

INCORPORATING
MARYBOROUGH

OCTOBER 2024

Patron: George Seymour (FCRC Mayor)



AGM 25th October 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
Manager	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 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 and BUS TRIPS	IAN PAXTON	0437 247 816
CLUB ROOMS	CHRIS O'BRIEN	0490 188 571
MARYBOROUGH	STEVE FROOME	0467 952 087
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:

As this will be my last report as president, I wish to thank everyone for having me as president for the past seven months. I wish it had been under different circumstances and I wish Rod Paroz all the best and hopefully a recovery.

From now on I will just be doing the sausage sizzle every second weekend and helping wherever I can.

I wish the new president all the best. Onwards and upwards,

Thanks again

Des Langford

MARYBOROUGH

CONGRATULATIONS TO STEVE FROOME ON HIS ELECTION AS OUR MARYBOROUGH SUB-BRANCH CONVENOR FOR 2024 – 05 ALONG WITH STEVE BORBAS WHO HAS BEEN ELECTED TO THE COMMITTEE.

Convenors Report: – Well, that month passed quickly and at this rate, we will be looking to have a new shed assembled in no time!

David Hoodless has submitted our application to Council and we should be hearing from them sometime in late December or early January. We have already been gifted a generous amount from the Roy Barnes Legacy to go towards a new lathe & associated equipment. With a couple of sales outlets in Hervey Bay, and possibly another in Maryborough, we will be kept busy in the workshop.

– On another note, if anyone has any thoughts for our monthly bus trips, please let us know, as the Committee are fast running out of fresh venues to visit. Places within an hours' drive one way are preferred, as our old backsides are not good for much longer in the bus!

Steve Froome.

ACTIVITY CELL REPORTS

Outreach: – It is very gratifying to see the number of members who are making themselves available to attend the Outreach visits. We have had up to 7 members at some visits so thank you fellows and keep up the good work. Dates for next month's visits are on the notice board in the Activities Centre. Note that the October visit to Chelsea will be on Thursday the 24th. October due to a prior engagement they have following week. Also, the

day for attending The Maryborough Community Care facility has been changed from the third Wednesday to the third Thursday of the month and at 10:30 rather than 10:00.

Workshop/Activities – 108 members have attended so far on 12 days during September. The workshop had an income of \$321.00 for the month plus sales of items mainly at the Hervey Bay Pier markets that grossed \$140.00 in three weeks. The sharpening tool for the lathe chisels etc. has been installed and is operating. 20 more bat boxes are being made and the workshop has received an offer to present a workshop arranged by the council to demonstrate to the public how to make bird nesting boxes. Further details for this event are on the way. Repairs to 2 chairs for a private client have been completed and Peter Cooper and Ian Gooding are making some items for their own use which may have future benefits for the organisation.

For further information – contact Frank Grant – 0490478193.

FUND RAISING – Sausage Sizzles: The sausage sizzle on the 29th. Sep. has raised a total of \$883.00 gross. Volunteers for the next sausage sizzle on Sun. October 20th. will be called for at the October morning tea and members who can assist are asked to put their names on the list on the notice board. Thank you to all those who volunteered.

Fishing group: Ian Goodall has contacted the owners of the “Calypso” in the Hervey Bay, but the owners have now sold that boat. They are currently using another boat for whale watching, which may be available for fishing charters around the end of November.

Convenors message – continued. – On another note, if anyone has any thoughts for our monthly bus trips, please let us know, as the Committee are fast running out of fresh venues to visit. Places within an hours’ drive one way are preferred, as our old backsides aren’t good for much longer in the bus!

Walking Group: The walking group is still active on a Wednesday morning and 5 members walked last week. We were later joined by other members at breakfast. There are 4 different walks to enjoy each Wednesday and we start at 7:00 am and finish at 9:00 am. It is a great social morning for fellas to enjoy while walking at your own pace. The last couple of weeks we have seen two members from Hervey Bay join the Maryborough Walking Group. I was great to see Pat & Fritz (David) make the effort to drive to Maryborough to walk with fellow members. They added to our numbers that vary now and then. As usual new members are always welcome, breakfast, goes down a treat, conversations flow freely, and members can walk at their own pace. A great social morning, meeting at 7.00 am and finishing around 9.00 am – Richard Shale

I wish to live forever

I met a magical fairy yesterday who said she would grant me one wish.

“I wish to live forever,” I said.

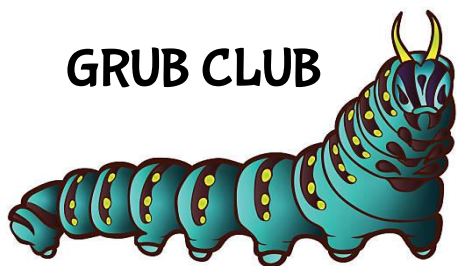
“Sorry,” said the fairy, “I’m not allowed to grant that particular wish.”

“Fine,” I said, “then I want to die the day after Parliament is filled with honest, hard-working, bipartisan men and women who act only in the people’s best interests!”

“You crafty bastard,” replied the fairy.



GRUB CLUB

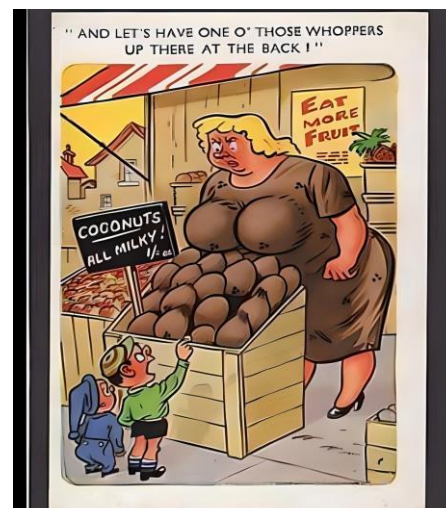


Like a herd of wandering antelope, buffalo, warthog or any other grazing animals, the Grub Club moves across the vast range of Hervey Bay eating experiences. Nibbling here, nibbling there, picking out the best bits the landscape has to offer. We seem to be attracting some new members, even an old face in more ways than one, graced us with his presence. All the way from Ashwood - Ashworth - Ashford - Well Ash something New South Wales, Theodore - I mean "Woody" only a flying visit though. Another new/old members joining us this week none other than Jeff- the onion man - Hore. First time diner but longtime member. For those who do not know him, Jeff cuts all the onions for all our sausage sizzles and Seagull Football events which adds up to about, in a good year, 300 to 350 kilos, that's almost 1/3 of a tonne of tears. If you would like to join us, check every Friday for the next dining locations.

JBL

THE BUS TRIP:

List of Bus Trips 2024 following input from members	
November	Cooloola Country Club
December	Gympie



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 settle 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 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 st Tuesday in the month
OZCARE	3 rd Thursday in the month
PARKLANDS	1 st & 3 rd Monday of the month
TORBAY	Every Tuesday morning
ESTIA	1 st Friday in the month



WALKING GROUP



Today 12 hardy walkers turned up at Urangan Pier and it was so pleasing to see Noel S. arrive and join Rodger B. (two of the original walking group) and our usual suspects Bill M. (with Tux - our canine mascot), Peter W., John H., David W., Dave "Fitz" D., Mike A., Charles J., Patrick R., and Peter S (P3) and Frank B. The fore runners were quick of the mark which left the stragglers in their wake. However, it was a very pleasant morning on the Pier and many diversions in the water to see as we walked along. Conversation was very much to the fore and it was good to see the camaraderie amongst all the walkers. The Ramblers have developed into a fine group of friends and it was easy to see how much we all enjoyed the morning...even TUX!!! Missing in action were Victor and John F. (most likely somewhere on the Guinness!!) though we know John F, was on the bus to Bundaberg! Also, Alan S., Steve C., John S., Ron B. and Peter C (P1)

Our next walk will include bowls at Urangan Bowling Club, with us meeting first at the Wellness Centre, Botanic Gardens, Urangan at 8am Thursday, 3rd October, 2024.

NEW MEMBERS: OCTOBER 2024

Keith Murphy	Ralph Krieger	Ronald Murphy
Fred Eccles	Rob McCulloch	Bob McLeod

BIRTHDAY BOYS: OCTOBER 2024

Joe Brakels	John Cheesman	Joe Mather
Bill Manns	Ian Taylor	Russ Carr
Alan Stevens	Paul Johnson	Steve Froome
John Ellis	Garry Monaghan	John Sharp
Peter Sawtell	Ian Price	

MEN'S HEALTH

Anemia

There are 4 types of anemia

1. **Iron deficiency anemia:** Caused by a lack of iron in the body.
2. **Vitamin B12 deficiency anemia:** Due to insufficient vitamin B12 for RBC production.
3. **Aplastic anemia:** Rare condition where bone marrow cannot produce enough new RBCs.
4. **Hemolytic anemia:** Caused by red blood cells being destroyed at an increased rate

Anemia is a problem of not having enough healthy red blood cells or haemoglobin to carry oxygen to the body's tissues. Haemoglobin is a protein found in red cells that carries oxygen from the lungs to all other organs in the body. Having anemia can cause tiredness, weakness, and shortness of breath.

There are many forms of anemia. Each has its own cause. Anemia can be short term or long term. It can range from mild to severe. Anemia can be a warning sign of serious illness.

Treatments for anemia might involve taking supplements or having medical procedures. Eating a healthy diet might prevent some forms of anemia.

Symptoms

Anemia symptoms depend on the cause and how bad the anemia is. Anemia can be so mild that it causes no symptoms at first. But symptoms usually then occur and get worse as the anemia gets worse.

If another disease causes the anemia, the disease can mask the anemia symptoms.

Then a test for another condition might find the anemia. Certain types of anemia have symptoms that point to the cause.

Possible symptoms of anemia include:

- Tiredness.
- Weakness.



- Shortness of breath.
- Pale or yellowish skin, which might be more obvious on white skin than on Black or brown skin.
- Irregular heartbeat.
- Dizziness or light headedness.
- Chest pain.
- Cold hands and feet.
- Headaches.

When to see a doctor

Make an appointment with your health care provider if you are tired or short of breath and do not know why.

Low levels of the protein in red blood cells that carry oxygen, called haemoglobin, is the main sign of anemia. Some people learn they have low haemoglobin when they donate blood. If you are told that you cannot donate because of low haemoglobin, make a medical appointment.

Let us talk about Aplastic anemia

This is a condition that occurs when your body stops producing enough new blood cells. The condition leaves you fatigued and more prone to infections and uncontrolled bleeding.

A rare and serious condition, aplastic anemia can develop at any age. It can occur suddenly, or it can come on slowly and worsen over time. It can be mild or severe. Treatment for aplastic anemia might include medications, blood transfusions or a stem cell transplant, also known as a bone marrow transplant.

Symptoms

Aplastic anemia can have no symptoms. When present, signs and symptoms can include:

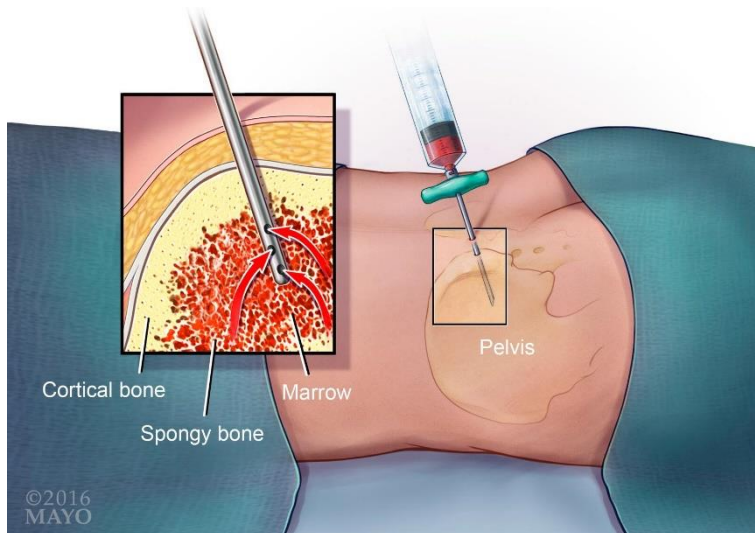
- Fatigue
- Shortness of breath
- Rapid or irregular heart rate
- Pale skin
- Frequent or prolonged infections
- Unexplained or easy bruising
- Nosebleeds and bleeding gums
- Prolonged bleeding from cuts
- Skin rash
- Dizziness
- Headache
- Fever

Aplastic anemia can be short-lived, or it can become chronic. It can be severe and even fatal.

Diagnosis

The following tests can help diagnose aplastic anemia:

- **Blood tests.** Normally, red blood cell, white blood cell and platelet levels stay within certain ranges. In aplastic anemia all three of these blood cell levels are low.
- **Bone marrow biopsy.** A doctor uses a needle to remove a small sample of bone marrow from a large bone in your body, such as your hipbone. The sample is examined under a microscope to rule out other blood-related diseases. In aplastic anemia, bone marrow contains fewer blood cells than normal. Confirming a diagnosis of aplastic anemia requires a bone marrow biopsy.
- **Bone marrow exam**
- In a bone marrow aspiration, a health care provider uses a thin needle to remove a small amount of liquid bone marrow, usually from a spot in the back of your hipbone (pelvis). A bone marrow biopsy is often done at the same time. This second procedure removes a small piece of bone tissue and the enclosed marrow.
- Once you have received a diagnosis of aplastic anemia, you might need other tests to determine the cause.



Treatment

Treatments for aplastic anemia, which will depend on the severity of your condition and your age, might include observation, blood transfusions, medications, or bone marrow transplantation. Severe aplastic anemia, in which your blood cell counts are extremely low, is life-threatening and requires immediate hospitalisation.

Blood transfusions

Although not a cure for aplastic anemia, blood transfusions can control bleeding and relieve symptoms by providing blood cells your bone marrow is not producing. You might receive:

- **Red blood cells.** These raise red blood cell counts and help relieve anemia and fatigue.
- **Platelets.** These help prevent excessive bleeding.

While there is generally no limit to the number of blood transfusions you can have, complications can sometimes arise with multiple transfusions. Transfused red blood cells contain iron that can accumulate in your body and can damage vital organs if an iron overload is not treated. Medications can help rid your body of excess iron. Over time your body can develop antibodies to transfused blood cells, making them less effective at relieving symptoms. The use of immunosuppressant medication makes this complication less likely.

Stem cell transplant

A stem cell transplant to rebuild the bone marrow with stem cells from a donor might be the only successful treatment option for people with severe aplastic anemia. A stem cell

transplant, also called a bone marrow transplant, is generally the treatment of choice for people who are younger and have a matching donor – most often a sibling.

If a donor is found, your diseased bone marrow is first depleted with radiation or chemotherapy. Healthy stem cells from the donor are filtered from the blood. The healthy stem cells are injected intravenously into your bloodstream, where they migrate to the bone marrow cavities and begin creating new blood cells.

The procedure requires a lengthy hospital stay. After the transplant, you will receive drugs to help prevent rejection of the donated stem cells.

A stem cell transplant carries risks. Your body may reject the transplant, leading to life-threatening complications. In addition, not everyone is a candidate for transplantation or can find a suitable donor.

Immunosuppressants

For people who cannot undergo a bone marrow transplant or for those whose aplastic anemia is due to an autoimmune disorder, treatment can involve drugs that alter or suppress the immune system (immunosuppressants).

Drugs such as cyclosporine (Gengraf, Neoral, Sandimmune) and anti-thymocyte globulin suppress the activity of immune cells that are damaging your bone marrow. This helps your bone marrow recover and generate new blood cells. Cyclosporine and anti-thymocyte globulin are often used together.

Corticosteroids, such as methylprednisolone (Medrol, Solu-Medrol), are often used with these drugs.

Although effective, these drugs further weaken your immune system. It is also possible for anemia to return after you stop these drugs.

Bone marrow stimulants

Certain drugs – including colony-stimulating factors, such as sargramostim (Leukine), filgrastim (Neupogen) and pegfilgrastim (Neulasta), epoetin alfa (Epogen/Procrit), and eltrombopag (Promacta) – help stimulate the bone marrow to produce new blood cells. Growth factors are often used with immune-suppressing drugs.

Antibiotics, antivirals

Having aplastic anemia weakens your immune system, which leaves you more prone to infections.

If you have aplastic anemia, see your doctor at the first sign of infection, such as a fever. You do not want the infection to get worse, because it could prove life-threatening. If you have severe aplastic anemia, your doctor might prescribe antibiotics or antiviral medications to help prevent infections.

Other treatments

Aplastic anemia caused by radiation and chemotherapy treatments for cancer usually improves after those treatments stop. The same is true for most other drugs that induce aplastic anemia.

Pregnant women with aplastic anemia are treated with blood transfusions. For many women, pregnancy-related aplastic anemia improves once the pregnancy ends. If that does not happen, treatment is still necessary.

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.



Bradnam's
windows & doors

FAMILY OWNED
ESTABLISHED LOCALLY IN 1977

PHONE 4197 5777
EMAIL sales.pialba@bradnams.com.au
209-221 Maryborough-Hervey Bay Road, Urraween
bradnams.com.au



ESPRESSO BARS

TIARO 38 MAYNE ST (07) 4193 9304
MARYBOROUGH 87 GYMPIE RD, TINANA (07) 4122 2120
HERVEY BAY 12/415 THE ESPLANADE, TORQUAY (07) 4125 5151

SHOP ONLINE AT RETROCOFFEE.COM.AU

skip

Instagram and Facebook icons

Brett Fulcher
Branch Manager



Higgins Coatings Pty Ltd
9/102 Islander Road, Pialba QLD 4655

M 0428 986 317
E bfulcher@higgins.com.au
www.higgins.com.au

URGENTLY REQUIRED
VOLUNTEERS TO ASSIST MEALS ON WHEELS
MORE INFORMATION PLEASE CONTACT:
MARIA – 4128 1334
OR EMAIL manager@mowfc.org.au

ANACONDA

Phone: (07) 4336 7211
Supporting 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?





What is Celibacy?

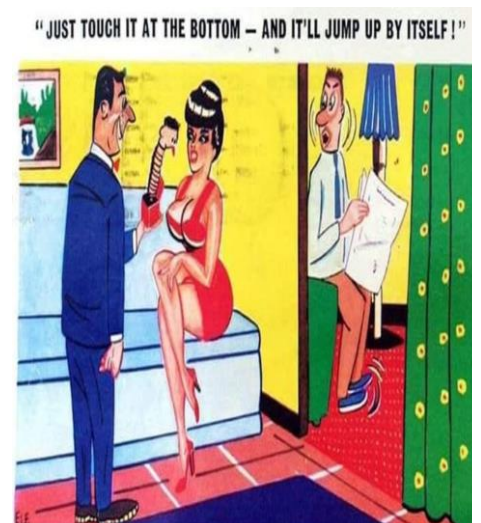
Celibacy can be a choice in life, or a condition imposed by circumstances.

While attending a Marriage Weekend, my wife and I, listened to the instructor declare, 'It is essential that husbands and wives know the things that are important to each other.' He then addressed the men,

Can you name and describe your wife's favourite flower?' I leaned over, touched my wife's hand gently, and whispered,

'Self-raising, isn't it?'

And thus began my life of celibacy...



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

FIND A WORD



Words to find this time is 24 and all to do with balls.

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

- BASEBALL**
- BASKETBALL**
- BILLIARDS**
- BOCCE**
- BOWLS**
- CRICKET**
- CROQUET**
- DODGEBALL**
- GOLF**
- HANDBALL**
- HOCKEY**
- JUGGLING**
- NETBALL**
- PETANQUE**
- PICKLE**
- POLO**
- POOL**
- RUGBY**
- SNOOKER**
- SOCCER**
- SOFTBALL**
- SQUASH**
- TENNIS**
- VOLLEYBALL**

OMU proudly and generously supported by the Queensland Government.

Funded by

