

OLDER MEN UNLIMITED HERVEY BAY



OMU LOCAL

INCORPORATING
MARYBOROUGH

Patron: George Seymour

MAY 2025



May 2025

MANAGEMENT COMMITTEE AND CONTACT NUMBERS

<u>Position</u>	<u>Name</u>	<u>Phone</u>	<u>Mobile</u>
President	Peter Scanlon		0431 613 942
Vice-President			
Secretary	Chris O'Brien		0490 188 571
Treasurer	John Lawrence	4128 3630	0483 188 545
Committee	Ray Delisen		0447 466 256
	Russell Pool		0499 504 597
	Andy Peverill		0432 882 825
Maryborough Convenor	Steve Froome		0467 952 087
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

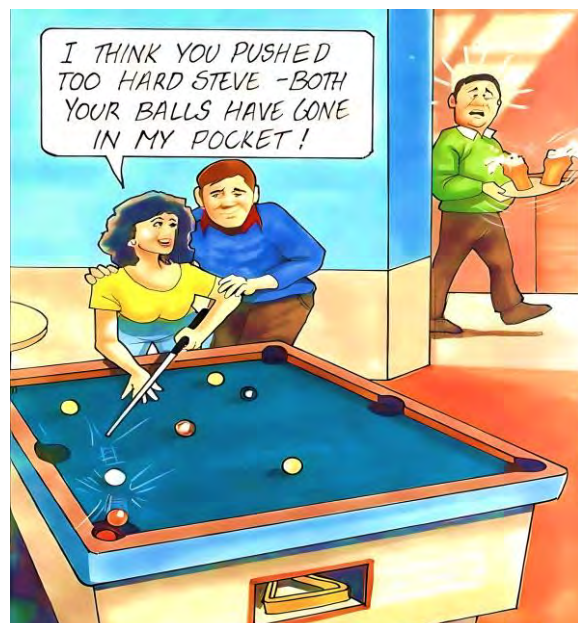
Meetings: *Maryborough* 10.00 am on the 1st Tuesday of each month
Where: Frank Lawrence Circuit, Maryborough Airport (last shed on the right)

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	RAY CHESTERFIELD	0409 373 836
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

I commence this report with the very sad news of the resignation of our Vice-President Des Langford owing to family medical issues and his need to now be a full time carer to his good wife Robyn. Des has been a tireless worker for OMU throughout his membership, the worker who got up around 3.30am to 4am each Sausage Sizzle function, to load and unload, drive and set up equipment from the van and attend all meetings and as many other duties as he could manage and was always that willing volunteer who never hesitated when asked to assist OMU in any way. On behalf of all members Des I want to thank you for all your efforts on behalf of OMU and personally for the assistance you have given to me as Vice-President. The club is a much better place for your attitude and contributions to all.

Member complaint has come to my attention recently in the form of poor customer service received at a recent walking group breakfast. One member approached staff and verbally and publicly complained in such a manner that embarrassed other members present, so much so that it led to a member returning to the premises to personally apologise on behalf of the OMU organisation. It should also be noted that these same premises are frequently visited for Grub Club lunches. On any future occasion if a member has a complaint during a group activity the correct procedure is they should speak with the OMU function organiser for that particular function, who would then convey the complaint to the relevant party or parties concerned. It's noted that poor member behaviour can lead to suspension of membership. Thank you for your understanding in this regard.

Peter Scanlon

ART GROUP

It has been another great month in the art group

Mick is painting his favourite subject matter, dinosaurs! Packo is working on a picture of a very large tomcat. Tony, one of our new members, is doing a painting based on his biking trip to Portugal. Ray's latest landscape has been a great success - a tropical escape.

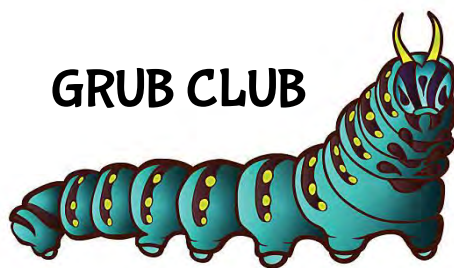
Jeff is overseas at the moment but before he left submitted a good seascape. Noel has just finished a vibrant cockatoo masterpiece and Ian is undertaking another painting in his Sydney Harbour series.

Johnno has completed a drawing based on his experiences as an underground miner. Joe joins us when he is well and is much appreciated for his bespoke sausage rolls! Peter is our newest member and has surprised us all with his superior drawing and painting skills. Mulga is doing a seascape for a change and what a beauty it is!

That leaves Steve, he has been working on an old English style watercolour landscape. David is our sketch artist and has just completed a fish themed seascape.

Well, that is it for the month of May. Talk to you again next month.

Steveo



Grub Club

Date Line May - Time flies so fast it seems I missed my April report. So, I will do a 2 month report this time. We all nearly lost one of the most important members of our little Group, Ray De Lisen. Ray had a little bingle in his car, fatal for the car and put Ray out of commission for a few days. Thank God he is now back on deck as he, Charlie Wondrock and Dennis Biddle lead us in our vocal chorus, as we arrive at our selected venue with that rousing song - Our Personal Hym - "Food Glorious Food, Hot Sausage and Mustard, while we are in the Mood, Cold Jelly, and Custard. Just picture a great big steak, fried, roasted, or stewed food, glorious food, wonderful food." As Dennis is leading the invasion of Russia having volunteered for the Ukrainian Army, it appears he thought he was signing up for a sausage sizzle but ticked the wrong box. So, we hope to see him back soon, and Charlie is recovering from a nasty cut throat - see I told you so, but you all poo poo'd my claim about his links to the "Grass" Mafia. This means Ray is leading the singalong.

So, if you like good food and pleasant company and audition for the upcoming musical, "Incontinence is not a dirty word," come and join us. Check on Friday each week for the next eating out experience.

JBL

MARYBOROUGH

Convenor's Report - Welcome members, I hope you all stayed safe over the holiday weekends, (not that the days off have much significance for us any more). This month has a charitable theme, firstly with member, John McKone, giving a compressor kit and lawn trolley to the Group for raffle prizes (tickets still available) and secondly, David Hoodless has compiled a list of donations made by OMU to community organisations this financial year. In excess of \$32,000 in cash and produce has been distributed showing OMU not only



assists older men within our organisation, but many others in need. The full list of donations is on the notice board. As well as these donations, OMU Maryborough regularly assists with projects for other non-profit organisations in our area.

On another note, several months ago we purchased a second lathe and associated tools. At the time there were several members who indicated an interest in learning how to use one. So far Keith and I are the only users, so please, if you are still interested, don't be shy, come and have a go. The worst you can do is make a bunch of sawdust!

The completed items we have made are selling well at the Urangan Pier Markets, with nearly \$400 in sales at the recent Twilight Market.

Last month's bus trip to Mini Golf Hervey Bay was again an excellent and fun outing, top scores shared by "blind" Steve & Pete the bus driver. Both shot 43, almost 20 shots under par! Suggestions for future trips are always welcome.

Do not forget the Mentoring project at the Alfred School that was mentioned last month. If you are interested in talking to young boys in need, please contact either Gerald or myself. Regards, Steve.

Outreach: We hope that we can finally lock in the time for Chelsea visits to the last Wednesday of the month, so the next visit will be at 10:00 am on the 28th. May. We are also starting the Chelsea fellows on some wood crafting with the toy model parts made in the workshop and they have completed two so far. The dates for visits to all the Nursing Homes are on the notice board.

Workshop/Activities – On the 12 days the workshop was open in April, 133 members attended and \$313.00 was added to the account from the workshop contributions. The last 20 bat boxes made have now been paid for. The contract to supply condiment boxes to Enzo's has been completed and the last lot will be delivered this week. This contract will be worth over \$1000.00 to the branch so well done to those who have assisted in completing this contract and especially to Frank Grant and Brian Ward, who has been the mainstay in getting the boxes completed in a short amount of time. The committee also commended the efforts of the members involved in making the items, especially the wood turners, that were sold at the Twilight Pier markets for over \$390.00.

For further information – contact Frank Grant – 0490478193.

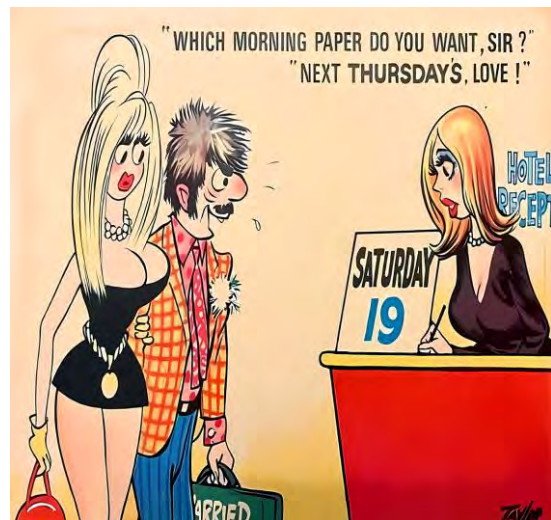
Fund raising - Sausage Sizzles: The sausage sizzle held on the Sat the 19th. April raised \$1150.70, which is probably a record for us to raise in one sausage sizzle day. Many thanks to the members who volunteered and assisted. The next sausage sizzle will now be held on Sunday the 25th. May following Bunnings request for us to do an extra one. The next one will then be on the 19th. July followed by the 9th. of August. Bunnings are also holding a community night on the Thursday before Mother's Day, the 8th. May and we have agreed to have a stand selling items made in the workshop. If you can attend to assist on that evening between 4:30 and 7:00 pm, please let Frank or Peter Sawtell know.

Fishing group: The fishing trip out of Tin Can Bay schedule for the 1st. May had to be postponed because of rough weather until next Thursday the 8th. May. There is still one vacancy on the boat for anyone who is interested in making the trip.

Walking Group: The walking group is still at it each Wednesday with 5 and 7 members walking in the last 2 weeks. The number swells at breakfast, with sometimes up to 8 or 9. A couple of new blokes, Richard and Tom Allen have joined the ranks. Richard is going to join the Club and that will make 3 Richards in the Club. What a trio!

New members are always welcome and you walk at your own pace. Remember, there is a notice on the notice board at the shed with the meeting times. We meet at 7:00 and finish about 9:00 a.m. after breakfast.

Richard Shale



Wife	Wife	Wife	Wife	Wife	Wife	Wife	Wife	Wife	Wife
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Wife	Wife	Wife	Wife	Wife	Wife	Wife	Wife	Mife	Wife
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Wife	Wife	Wife	Wife	Wife	Wife	Wife	Wife	Wife	Wife

They all look the same but there are five errors
can you find the errors in 30 seconds?

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 Friday 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



ALL WALKS COMMENCE AT 8.00 AM UNLESS OTHERWISE STATED – MAY 2025

- 5th June – Nikenbah trail meet at The Depot Café Nikenbah**
- 12th June – Marina / Beach Walk meet outside Boat Club Urangan Marina**
- 19th June – Botanic Gardens and bowl meet Wellness Centre – gardens**
- 26th June – TAJ MAHAL WALK Main Street Pialba. Meet Pie & Pastry Main St**

NEW MEMBERS: MAY 2025

Mornard Gee	Richard Fairman	Jon North
Ron Wallace		

BIRTHDAY BOYS: MAY 2025

David Dolan	Henry Jackson	Ron Morris	Chris Reymers
Steve James	Ken Tilling	Jim Gibson	Col Anson
Phillip Beeton	Graham Wood	Steve Castledine	John Shearer
Ron Bailey	Peter Banias	Frank Grant	Les Ison



Typical Friday morning OMU gathering at The Clubroom, Seagulls Football Club, Bideford Street.



MEN'S HEALTH

What is shingles?

Shingles (also called herpes zoster) is a painful rash that happens when the chickenpox virus (varicella-zoster virus) is reactivated in the body.

Shingles mainly affects adults and typically occurs many years after having chickenpox.

What are the symptoms of shingles?

Shingles starts as a pain or a tingling sensation on a patch of skin on one side of the body, that goes on to become a red rash with small, fluid-filled blisters.

Other symptoms may include:

- sensitivity to touch
- itching.

Pain and tingling in the area of the rash may continue for weeks or months after the rash has gone away (known as post-herpetic neuralgia).

How is shingles spread?

You cannot catch shingles from someone who has shingles. However, you can catch chickenpox from someone with shingles if you:

- have not had chickenpox, and
- have not been vaccinated against chickenpox.

Shingles can lead to chickenpox through direct contact with the fluid from shingles rash blisters. People are infectious until all the blisters are crusted.

Unlike chickenpox, shingles does not spread through coughing or sneezing.

People at higher risk of illness from shingles

Shingles can occur at any age. However, the risk of having shingles increases with older age and if the immune system becomes weakened.

Most people who get shingles only have it once. However, sometimes shingles can occur more than once.

How is shingles prevented?

Shingles can be prevented by vaccination.

Shingles vaccination is recommended for:

- all adults aged 50 years and older
- people aged 18 years and older with a weak immune system.

A free two-dose course of shingles vaccine is available under the National Immunisation Program (NIP) for:

- all adults aged 65 years and older
- Aboriginal and Torres Strait Islander people aged 50 years and older.
- people with a weak immune system aged 18 years and older.

Some providers may charge a fee for consultation or to administer the vaccine. Vaccination is still recommended for people who have had shingles. However, there should be at least 12 months between having shingles and having the vaccine. People with a weak immune system should discuss shingles vaccination with their doctor as they may be recommended to get the vaccine as early as 3 months after getting shingles.

Talk to your doctor or immunisation provider for advice on shingles vaccination.

How is shingles diagnosed?

A doctor may diagnose shingles based on your symptoms and by the appearance of the rash. Sometimes the diagnosis is confirmed by testing samples taken from the rash.



How is shingles treated?

Shingles may be treated with antiviral medicines. Antiviral medicines can help to reduce the severity and duration of symptoms. They work best when taken as soon as possible after the rash appears.

Contact your doctor if you have any shingles symptoms. This is very important if the pain and rash are near your eye, as shingles of the eye can lead to permanent eye damage. Your doctor can advise you on ways to manage the symptoms of shingles, including medicines for pain relief and antiviral medicines.





I tried cooking with rum last night. After the sixth glass I forgot where the stove was.



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.



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

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



Phone: (07) 4336 7211
Supporting OMU

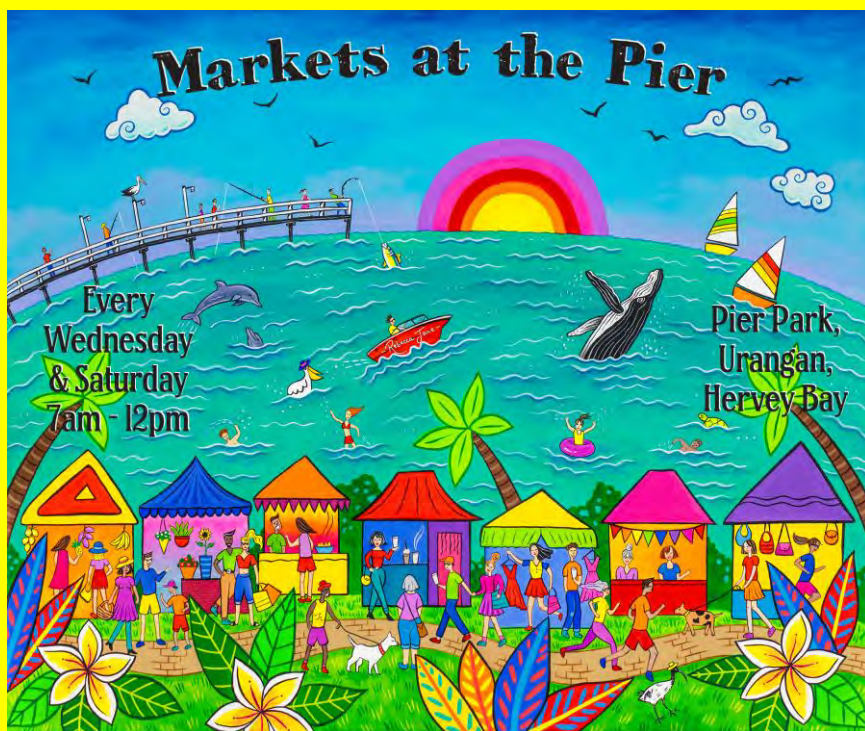
**IS IT TIME TO CALL A MATE?
DON'T FORGET YOUR MATES!
ARE THEY GOING, OKAY?
IT DOESN'T TAKE MUCH!**

**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?**

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

Not feeling like yourself lately? You are not alone.
It is something most people experience at some point. And there are simple things you can do that can help. Try this web site <https://www.medicarementalhealth.gov.au/>



See **OMU** at the market;
Raffle every Saturday

Sausage Sizzle every 1st,
3rd, and 5th Saturday of
the month

See you there



**HOODY'S HERBS
MARKETS AT THE
PIER**

**EVERY 1st, 3rd & 5th
SATURDAY OF THE
MONTH**

"A thriving, quality market where local artisans, farm fresh produce, entrepreneurs, community-based groups and small businesses flourish.
Community, Culture, Connection


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 Maryborough Office 1 & 2/167-169 Adelaide St Maryborough QLD 4650

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

FIND A WORD



ALL TO DO WITH 3 – 24 WORDS TO FIND

E	Y	G	O	L	I	R	T	S	E	I	P	R	A	H
W	C	E	A	I	R	E	E	T	E	K	S	U	M	A
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L	D	D	I	S	E	C	A	R	D	E	G	G	E	L
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- BEARS
- BLIND MICE
- CARD TRICK
- CHEERS
- DIMENSIONS
- FATES
- GORGES
- GRACES
- HARPIES
- HAT TRICK
- KINGS
- LEGGED RACE
- LITTLE PIGS
- MUSKETEERS
- PIECE
- SUIT
- SISTERS
- STOOGES
- TENORS
- TRILOGY
- TRIO
- WHEELER
- WISE
- MONKEYS

OMU proudly and generously supported by the Queensland Government.

Funded by

