

OLDER MEN UNLIMITED HERVEY BAY



OMU LOCAL

INCORPORATING
MARYBOROUGH

JUNE 2024

Patron: George Seymour (FCRC Mayor)



Members Morning Tea 28th June 2024 David Simpson - Money

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 CONVENERERS

ART and BUS TRIPS	IAN PAXTON	0437 247 816
CLUB ROOMS	CHRIS O'BRIEN	0490 188 571
MARYBOROUGH	PETER COOPER	0488 240 649
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:

Here goes to my first President's report, bear with me as writing is not my forte. Before I start, I would like to thank Rod Paroz for all the dedication and hard work that he has put in for our club. I wish it was under different circumstances that I was having to step up as acting President. It saddens me to hear of his illness and wish him and his family all the best.

I would like to give my thanks to our committee, fellow members and of course David for all your support and encouragement, it is nice to know you all have faith in me as I endeavour to do my best as Acting President.

On the 4th of June I hit the ground running by attending the Maryborough monthly meeting. Glenn Miller a Butchulla elder was the guest speaker spoke of the unveiling of the Butchulla Warriors memorial on the 22nd of April. The memorial recognises traditional owners who defended their land during colonisation. He believes that their efforts have gone unrecognised for too long. His talk was extremely informative, there will be more information on this topic later in this newsletter. I had a lovely morning and think it would be beneficial if we had more interactions with the Maryborough guys, we could initiate some combined functions or gatherings maybe starting with the picnic in the park.

Just a reminder that many hands make lite work. As you are all aware none of us are getting any younger and the NRL season is not getting any shorter, therefore over the next few months we really "NEED YOUR HELP" I cannot alliterate more that OMU is nothing without its volunteers. So please come and see Chris O'Brien or myself if you would like to help out!

While we are on the topic of NRL I would like to take the opportunity to congratulate J'maine Hopgood, one of our own who started right here at the Seagulls, on an excellent Origin debut. It was only 10 or so years ago I would watch J'maine and his brother kicking the footy and rough housing in the park beside my house. I always knew those two were one day destined for good things. Good to see that with the support of your family, you have followed your dreams well done mate!

As for the sausage sizzle, unfortunately at this time we are still none the wiser but I will keep you all posted as I know more.

My door is always open and am happy to hear your feedback. I look forward to seeing you all at the clubroom for our next morning tea.

Thanks DES

MARYBOROUGH CONGRATULATIONS

On behalf of all members of OMU, we would like to congratulate Glen Miller for the significant role he has played as an Elder and Leader of the local Butchulla Men`s Business Aboriginal Association following their excellent achievements in winning both the Community Category and the overall Premiers Award for their collaborative work within the community in the creation of the Butchulla Warriors Memorial, unveiled on the 22nd. of April, last year. The awards were presented in Cairns at the end of last month by the Premier. Glen has been the catalyst for many of the local Butchulla people`s projects and achievements in recent years and we are proud to have him as a member and past Convenor of OMU.

Outreach: – The visitation date for Chelsea has been changed again to the last Thursday in the month this time to fit in with a weekly morning tea that they have for their male residents. Three of the Nursing Homes, Yaralla, Signature and Fairhaven have started receiving wooden toy models to assemble and paint from our workshop and all these centres have expressed their thanks to OMU for making them available. Dates for this month`s visits are on the notice board in the Activities Centre.

Workshop/Activities – During the 15 days this month, 162 members attended the Activities Centre. The workshop contributed \$393.00 to the group`s bank balance including the sale of \$39.75 for bowls sold by the Hatch Coffee and Gifts shop in Hervey Bay. The next lot of 20 bat boxes have been finished and ready for collection next month. The Maryborough Hospital Museum have asked the workshop to sand blast and powder coat a baby`s cot, but because they do not have the necessary equipment to do this, it has been decided by the committee to donate the cost of having the cot powder coated by an outside contractor for \$100.00.

Peter Cooper has finished a Ukelele using Bunya pine from a tree on Frank Lawrence Circuit. There are still some bowls being made on the lathe, but otherwise things are fairly quiet in the workshop at present. Two 18-volt batteries have been purchased online at a much-reduced price for the workshop.

For further information – contact Frank Grant – 0490478193.

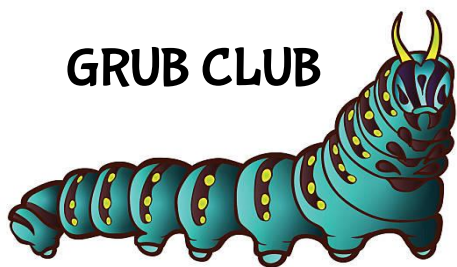
Fundraising – Sausage Sizzles: The next sausage sizzle is schedule for Sun. the 23rd. of June. Steve Froome will call for volunteers at this month`s morning tea so if you can assist, please put your name on the notice board. Many thanks to the members who have been attending the sausage sizzles. The roster for the next 3 months is still not available from Bunnings.

Fishing group: Ian Goodall reported that he has booked the boat for a trip from Burnett Heads on the 10th. June for 6 members. There were not enough members asking to go on the trip for a second boat to be considered. However, there has since been some interest from Hervey Bay members on being involved in future trips and this could assist in securing a better deal.

Walking Group: The walking group is doing what it does best, walking and talking. The number does vary from week to week and breakfast is the highlight of this pleasant social morning for these OMU members who are trying to get fit, but without success. There are 4 different walks on offer and you walk at your own pace. We meet each Wednesday morning at 7:00 a.m. and finish at about 9:00 a.m. New members are always welcome and do not let cooler mornings keep you in bed!! Join this merry group of troopers. – Richard Shale

Bus Trip: 19 OMU members left at 08.30 to visit Monsoon Aquatics at Burnett Heads. The guided tour went for 2 hours instead of 1 hour. The members found it a very interesting morning. About 8 staff work there including divers, who work all around the Australian coastline. The water is pumped from the Burnett River through filters as to keep the coral healthy as it grows, blue lighting is used in the process. The company moved from the Northern Territory to Queensland. They have been operating for the past 16 years, the coral is exported all around the world and depending on the size of the coral, prices vary, \$20 up to \$40 for example. Clams were also viewed by the members, Ian suggested that the members would like to visit Monsoon Aquatics again in the future as their business grows. Later, the fellas dined at the Lighthouse Pub. The fellas rocked up, even though no booking was made, the catering was very well done and the lunchtime meals were served promptly. Full marks to the Lighthouse Pub, Peter the bus driver returned the fellas back at 400 pm.

GRUB CLUB



Time for May/June Grub Club report, they roll round so quickly. It seems like only 4 weeks ago that I was racking my brain - not that it took too long - to write something witty. While the walking group are training for their assault on Mt Everest, the Bus Group are planning their next trip to the Great Wall of China and the Art Group are knocking out some fake Rembrandts for sale at the Christmas Party. We in the Lunch Group AKA Grub Club- just seem to sit around eating and drinking and enjoying ourselves. Last week - no, 2 weeks ago, we dined at the only hotel in Howard - Grand or Royal take your pick. Once again was well worth the trip. It only has a limited menu but for a small

but well attended venue they provide well cooked, rather large meals. The bonus at this visit was the attendance of Graham Chaplin. That is when I realised something, we, the Grub Club, can claim some fame with two famous historical figures being represented. No 1 Graham Chaplin is a direct descendent of that famous comedian Charlie Chaplin and George Fox, Spiritual Leader of the Lunch Group is the Great x 8 grandson of the first George Fox, Spiritual Leader of the Quakers. A religious group from the 18th Century. Not bad eh!

If you want to join us, check each Friday for the next venue. **JBL**

THE BUS TRIP:

On the way back

We are been travelling for miles
At a very slow speed
Small hills seemed like mountains
It is more peddling we need

Will we make it home
in only one day
Or stuck on a roadside
For an extended stay

But up fires the bus
To our joy and delight
Only to once again fade
With no township in sight

If that is not enough
There is a cry for a break
As bladders need emptying
Or we will have our own lake

It is not only the bus
That limps into the town
We made it! at last
For a loo we had found

Do not say the "B" word
Moans Packo with a tear
"What bloody Biggenden"
Voiced Flanagan with fear

Memories of another time
When the bus did fail us
Then fears of an overnight stay
That was adverted, but only just

List of Bus Trips 2024 following input from members

July

Gayndah Lunch: Biggenden
Afternoon Tea

August

Maryborough Military Museum

September

Bundaberg Botanical Gardens

October

Pomona Pub: Botanic Gardens

November

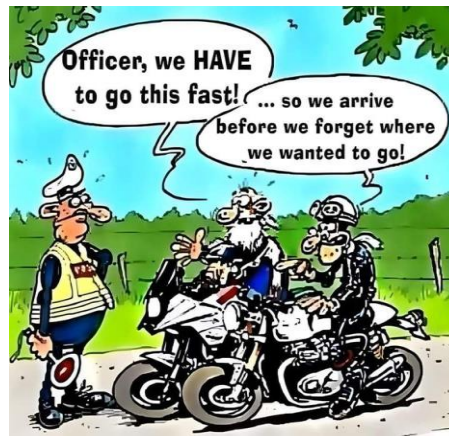
Cooloola Country Club

December

Gympie



But now the old bus fired up
without even a hitch
As it carried us home
That cranky old bitch



OUTREACH



Well, they do don't they!

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 1st Tuesday in the month
- OZCARE 3rd Thursday in the month
- PARKLANDS 1st & 3rd Monday of the month
- TORBAY Every Tuesday morning
- ESTIA 2nd Monday in the month



ART GROUP

Another month has slipped by!

Happy's birthday celebrations was our main focus. We all had a great party and Happy even made it onto the 7 news!

Our art endeavours are continuing with some great landscapes, seascapes, horse, and bird paintings. We will all keep up the good work and fill you in with the finer details next month. **STEVE**

WALKING GROUP



The walking Group is going from strength to strength. The group is like a well-oiled machine. With the walker's lips moving faster than their legs do at times. The group is trying to include other activities during their walks. The other week the group stopped off at the Urangan Bowls Club and got an end in. See Photos There is a visit to the mini golf planned in the near future.



July: 4th – 8.00 am Marina Walk (Meet at Boat Club)
11th – 8.00 am Botanical Gardens (Meet at Wellness Centre Urangan)
18th – 8.00 am Nikenbah Rail Trail (Meet at Depot Café Nikenbah)
25th – 8.00 am Urangan Pier (Meet at Boy holding fish statue Urangan)

NEW MEMBERS: JUNE 2024

Peter Worland David Walladge Kevin Mahe
Roger Neilson

BIRTHDAY BOYS: JUNE 2024

Perry Batterham Cyril Brown Carlo Catania
Peter Cooper Darryl England George Fox
John Henry Len Manski Alan McDowall
Terence Playfair Ken Rooney Ken Seng
Barry Stonestreet Gerry Vogels Pete Warner
Tom White Bruce Wimpenny



Did you hear about the restaurant on the Moon?
The food is fabulous and the prices were great, just no atmosphere!

Or what about the guy that built a new home with 4-foot ceilings?
Could not stand to live in the place.

MEN'S HEALTH

SKIN CANCER

What is skin cancer?

Skin cancer occurs when skin cells are damaged, for example, by overexposure to ultraviolet (UV) radiation from the sun.

There are three main types of skin cancer:

- basal cell carcinoma (BCC)
- squamous cell carcinoma (SCC)
- melanoma - the most dangerous form of skin cancer.



Both basal cell carcinoma and squamous cell carcinoma are known as non-melanoma skin cancer or keratinocyte cancers. Keratinocyte cancer is more common in men, with almost double the incidence compared to women.

Melanoma is the third most common cancer in Australians (excluding keratinocyte cancers as data on incidence is not routinely collected).

There are also rare types of skin cancer including Merkel cell carcinoma and angiosarcoma. These are treated differently from BCC and SCC.

Every year, in Australia:

- skin cancers account for around 80% of all newly diagnosed cancers
- the majority of skin cancers are caused by exposure to the sun
- the incidence of skin cancer is one of the highest in the world, two to three times the rates in Canada, the US, and the UK.

Skin cancer signs and symptoms

The sooner a skin cancer is identified and treated, the better your chance of avoiding surgery or, in the case of a serious melanoma or other skin cancer, potential disfigurement or even death.

It is also a good idea to talk to your doctor about your level of risk and for advice on early detection.

Become familiar with the look of your skin, particularly spots and moles, so you pick up any changes that might suggest a skin cancer.

Look for:

- any crusty, non-healing sores
- small lumps that are red, pale, or pearly in colour
- new spots, freckles or any moles changing in colour, thickness, or shape over a period of weeks to months.

Causes of skin cancer

Australia has one of the highest rates of skin cancer in the world. Anyone can be at risk of developing skin cancer, though the risk increases as you get older.

The majority of skin cancers in Australia are caused by exposure to UV radiation in sunlight.

Some factors that increase your risk of skin cancer include:

- sunburn
- tanning
- solariums.

Diagnosis of skin cancer

It is important to check your skin regularly and check with your doctor if you notice any changes.

In the majority of cases, your GP will examine you, paying attention to any spots that may look suspicious. Your GP may perform a biopsy (remove a small sample of tissue for examination under a microscope). In some cases, your GP may refer you to a specialist, such as a dermatologist, if necessary.

Skin cancer clinics

Usually operated by GPs, skin cancer clinics can offer a variety of services. Some clinics are run by dermatologists.

Skin cancer clinics may not offer higher levels of expertise than your GP, so it is important to investigate what services are offered and the training of the staff.

When choosing a skin cancer clinic consider:

- staff – qualifications and experience
- costs
- diagnosis and services offered
- follow-up provided.

Treatment for skin cancer

Skin cancers are almost always removed. In more advanced skin cancers, some of the surrounding tissue may also be removed to make sure that all the cancerous cells have been taken out.

The most common treatment for skin cancer is surgery to remove the cancer (usually under a local anaesthetic). Common skin cancers can be treated with ointments or radiation therapy (radiotherapy). Skin cancer can also be removed with cryotherapy (using liquid nitrogen to rapidly freeze the cancer off), curettage (scraping) or cauterly (burning).

For more detailed information about skin cancer please phone Cancer Council 13 11 20 or talk to your GP.

Palliative care

In some cases of skin cancer, your medical team may talk to you about palliative care. Palliative care aims to improve your quality of life by alleviating symptoms of cancer.

As well as slowing the spread of skin cancer, palliative treatment can relieve pain and help manage other symptoms. Treatment may include radiotherapy, chemotherapy, or other drug therapies.

Treatment Team

Depending on your treatment, your treatment team may consist of a number of different health professionals, such as:

- GP (General Practitioner) – looks after your general health and works with your specialists to coordinate treatment.
- Dermatologist– specialises in preventing, diagnosing, and treating skin diseases.
- Surgeon– Surgeon which can be a general surgeon, a surgical oncologist to manage complex skin cancers or a plastic surgeon trained in complex constructive techniques, including surgery if the cancer has spread.
- Radiation or medical oncologist– A radiation oncologist prescribes and oversees a course of radiation therapy, which may be used to treat some skin cancers.

Screening for skin cancer

There is currently no formal screening program for skin cancers in Australia. It is recommended that people become familiar with their skin. If you notice any changes consult your doctor.

More information about early detection is available in Cancer Council's position statement on screening and early detection of skin cancer.

You can also explore our section on how to check your skin for signs of skin cancer.

Preventing skin cancer

Protect your skin

For best protection, when the UV level is 3 or above, we recommend a combination of sun protection measures:

Slip on some sun-protective clothing – that covers as much skin as possible.

Slop on broad spectrum, water resistant SPF30 sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.

Slap on a hat – that protects your face, head, neck, and ears.

Seek shade.

Slide on some sunglasses – make sure they meet Australian standards.

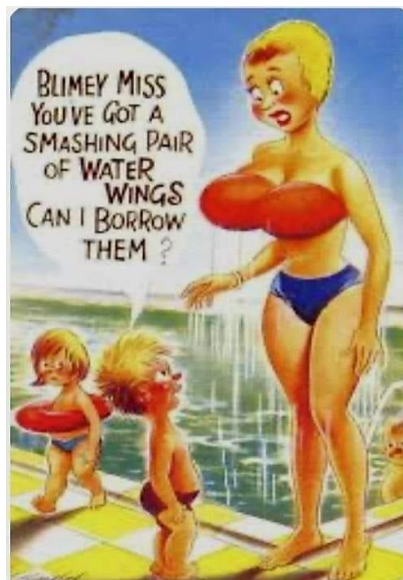
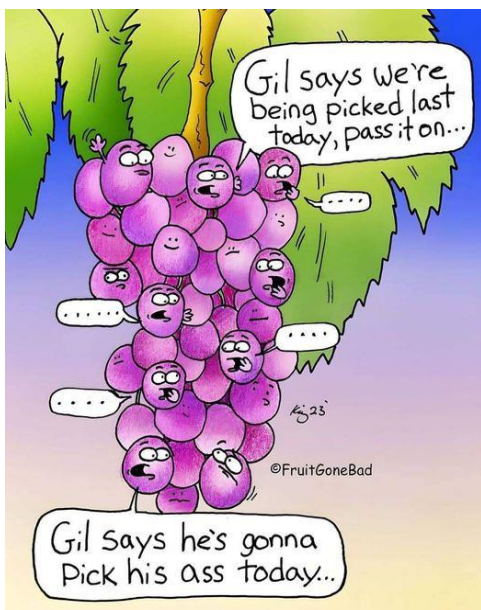
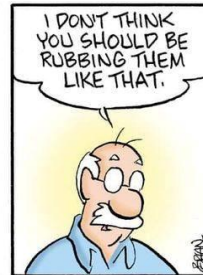
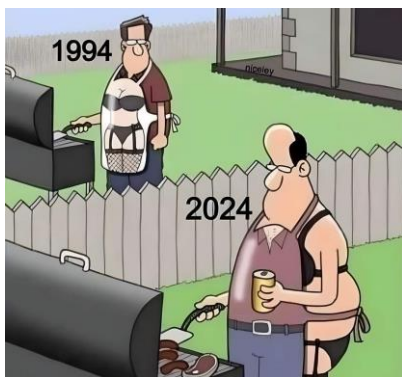
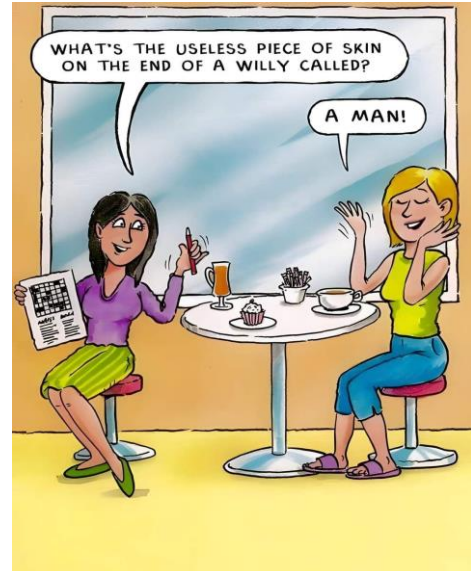
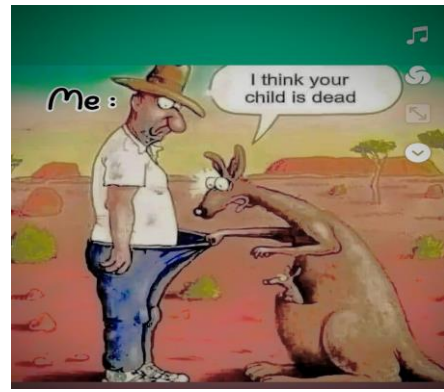
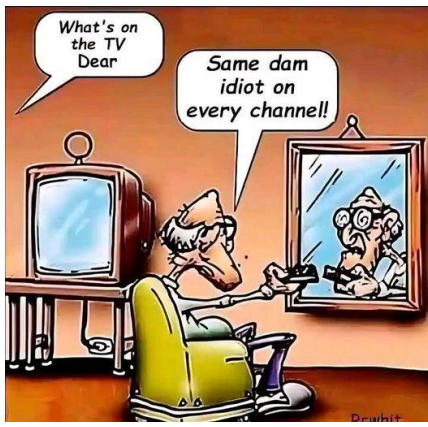
Be extra cautious in the middle of the day when UV levels are most intense.

Prognosis for skin cancer

It is not possible for a doctor to predict the exact course of a disease. However, your doctor may give you the likely outcome of the disease. If detected early, most skin cancers are successfully treated.

Most non-melanoma skin cancers do not pose a serious risk to your health but a cancer diagnosis can be a shock. If you want to talk to someone, see your doctor.

You can also call Cancer Council 13 11 20.



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MORE INFORMATION PLEASE CONTACT:

MARIA – 4128 1334

OR EMAIL manager@mowfc.org.au

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?

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.



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0494 060 742 or 4124 4257

17 Totness Street Torquay



Would this be the same as OMU's Saturday Special?

\$2.00 a ticket or Special 5 for \$10.00?

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

SOMETHING TO DO WITH METAL – 22 WORDS



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

**THE ODD WORD LAST NEWSLETTER – ORANGE. THERE IS ANOTHER ONE THIS MONTH (7 LETTERS)
22 WORDS – ALL TO DO WITH METAL**

- ALUMINIUM BRONZE CADMIUM CHROMIUM COBALT COPPER GOLD
- IRIDIUM IRON LEAD MAGNESIUM MERCURY METAL NICKEL
- OSMIUM PALLADIUM PLATINUM SILVER STEEL TIN TITANIUM
- ZINC

OMU proudly and generously supported by the Queensland Government.

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