

# OLDER MEN UNLIMITED HERVEY BAY



# OMU LOCAL

INCORPORATING  
MARYBOROUGH

*Patron:* George Seymour

## JUNE 2025



## June 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	Andy Peverill (Acting)		0432 882 825
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
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

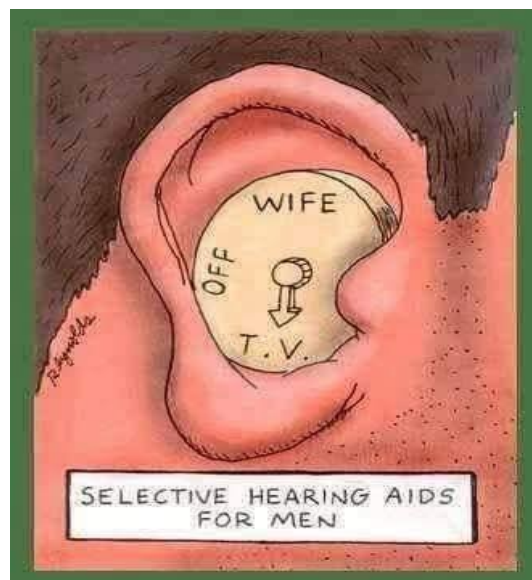
Meetings: *Maryborough* 10.00 am on the 1<sup>st</sup> Tuesday of each month  
Where: Frank Lawrence Circuit, Maryborough Airport (last shed on the right)

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)



## 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**

It was pleasing to see OMU Outreach efforts publicly recognised at the presentation ceremony at Kirami Retirement Village covered by channels 7 and Win 10 of the OMU donation of visual headsets in the sum of \$3,500.00. There has had a very positive reaction by Kirami residents (and especially of great benefit to dementia residents). Currently OMU Outreach is working with Ozcare and the Men's Shed Hervey Bay in the creation of a work station to be donated to the residents of the Ozcare facility with OMU covering the expenses and tools required to the sum of \$2,500.00.

A reminder that the chartered fishing trip has now been fixed on 3rd July, 2025. Following a recent cancellation, there is a vacancy on the trip should anyone be interested. Cost to member \$100.00 and OMU will very generously cover the additional expenses of \$200.00. Please see David Hoodless.

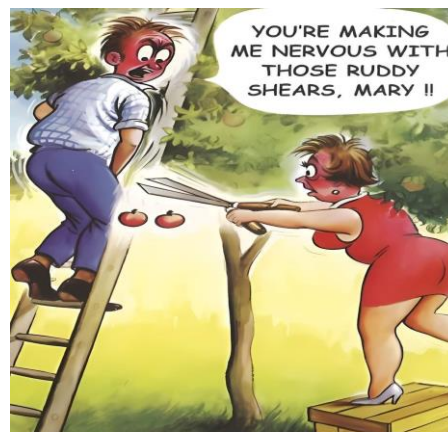
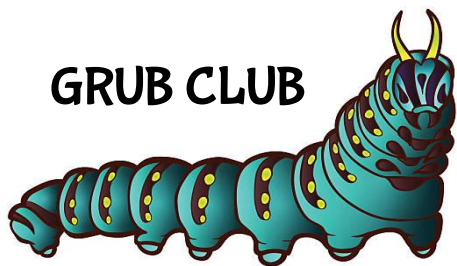
Congratulations to the Maryborough team on their very successful and well attended Ravens Hill

Shed dedication and opening on the 18th May last. To Glenn and the guys congratulations on the completion of the shed and the team effort involved. Plans are moving forward following a tender to Council for land at the Maryborough Airport to construct a shed for permanent use by Maryborough OMU as their official headquarters. We will follow and support this endeavour with much interest.

A roster is being prepared for the Raffle ticket sellers at the Urangan Pier Markets and will be distributed shortly. Two important changes to our procedures (1) if you are rostered for a particular date and find that you cannot attend, you will need to arrange your replacement from the list of Reserves (and phone numbers) listed at the bottom of the roster and (2) On the Friday before the market, one of those listed will need to pick up from David Hoodless the GREEN BAG containing the Eftpos machines and will be responsible for charging them up overnight before bringing all to the markets the next day. And finally, there are several members on our "Sick List", and our best wishes go out to members and family undergoing medical conditions and treatment currently.

**Peter Scanlon**

## GRUB CLUB



### Grub Club – June

The King is dead – Long Live the King. Maybe a little dramatic, but because of ill health George Fox is leaving the Grub Club organising to me. I find doing something helps keep the mind ticking over and at my age – nearly 80 I need all the help I can get. We try to move about the Hervey Bay Area picking out the best spots. We look for good food at good value for money. I intend to try to keep a better record of venues visited and customer comments to provide an overall look at our experiences. Perhaps I could create a “Blog” – whatever the f—k that is. If only I knew how to use a computer. I have been waiting to see if they – computers – catch on and become more accessible to the public before I dive in and become an “influencer” – another strange expression. Perhaps I will just use a note book and pen. We announce the next venue each Friday morning tea and would welcome any new member who wishes to join us.

## JBL

### MARYBOROUGH

#### Convenor’s Report –

Welcome to winter! This month I would like to sincerely thank all our volunteers. Each month we have a need for volunteers to assist with Outreach, BBQ’s, workshop orders etc., and each month members come forward and lend a hand.

Last month we had the usual Outreach visits, a Bunnings BBQ, and catering for the Raven’s Hill Celebrations, all were well attended. We were then approached to assist with forward planning for the Community Bus and a couple of emails later, six members indicated their availability to help.

Makes me proud to be a member of OMU.

Regards, Steve.

**Outreach:** Outreach is going well with regular visits to the five nursing homes in Maryborough being conducted now on a regular basis. It is gratifying to see the growing support from members for this important part of our organisation’s community work. Many thanks to our members who are participating in this area of our work and any new members who would like to participate would be most welcome.

The dates for the June visits to the Nursing Homes are on the notice board.

**Workshop/Activities** – During May, 153 members attended the activities centre on the 15 days it was open. The workshop contributed \$348.00 to the groups bank balance in May. The cutlery boxes ordered by Enzo’s restaurant have been finished, delivered, and paid for

so many thanks to the members involved in this very profitable exercise for the group. Currently, members are working on an outdoor lawn seat as well as a book shelf for the Butchulla Men's organisation at Raven's Hill. The lathe workers are continuing to turn out items for sale at the Pier Markets with over \$200.00 worth of goods being sold there over the last 2 – 3 weeks. One of our Hervey Bay members, Petrus van Lietrop has kindly donated several items to the workshop including a drill press, so thank you very much Petrus.

Our congratulations go to one of our members, Keith Martin, for his success in gaining a 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>. prize for his woodwork and a 3<sup>rd</sup>. prize for his Bonsai tree at the recent Maryborough Show.

For further information – contact Frank Grant – 0490478193.

**FUND RAISING – Sausage Sizzles:** The sausage sizzle held on the Sun. the 25<sup>th</sup>. May raised \$630.60 less about \$150 expenses. The next sausage sizzle will then be on the 19<sup>th</sup>. July followed by the 9<sup>th</sup>. of August. We are getting very good support from members for the sausage sizzles so thank you very much to all those involved.

**Fishing group:** The fishing trip out of Tin Can Bay has now been re-scheduled for Thursday the 3<sup>rd</sup>. July. There is currently one vacancy on the boat if any other members would like to participate. If members are interested 1- or 3-day fishing trips in the future like some held previously, please discuss it with Ian Goodall.

**Walking Group:** The walking group is walking along very well and last week 8 members walked and 3 more joined the troopers for a hearty breakfast at the Norma-Jean Cafe. This cafe will now be a regular dining venue each month, when we walk through Pioneer Park at Tinana. Walkers walk at your own pace with 4 walks during the month, starting at 7:00 am finish at about 9:00 am. New members are always welcome, if unable to walk, join the walkers at breakfast.

- Richard Shale

Steve, Convenor, kindly told me about the monthly bus trip last week, as I was involved with the recent Show. He informed me that it was disappointing that only 6 members could make the trip to the Hervey Bay Historical Museum. The volunteers opened it on Tuesday as it is normally closed on that day. 3 members were unwell, so had to pull out. Hope they are on the mend soon. The members found it interesting, on how rope was made & other items of interest. They, later dined at the Golf Club, arriving back in Maryborough at 2:30.

The walking group is still going strong, 8 members walked the Pioneer Park, another 3 joined the group for breakfast bringing the total to 11, we dined at Norma-Jean's Cafe, very good breakfast there, so we will make it a regular dining venue. There are 4 different walks to choose from, walk at your own pace, new members are always welcome, starting time is 7:00 am to about 9:00 am after the talking is done. Times and walks are on the notice board at the OMU shed.

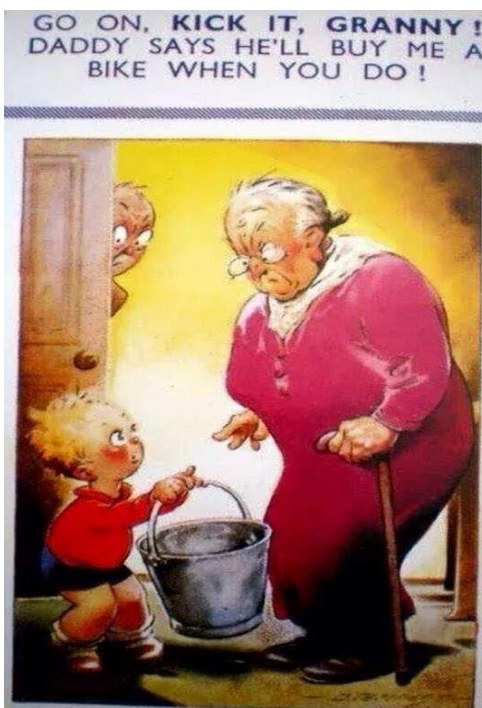
The walking group is still walking and talking, each Wednesday morning, last week, saw 8 members walk the Pioneer Park at Tinana, only 2 degrees, but we braved the bracing conditions, 3 more members arrived for breakfast, 11 again for a hearty meal at Norma Jeans Cafe. A popular venue for a meal. As usual, new members are welcome to join this

merry group of troopers. Start at 7:00 am till about 9:00 am, walk at your own pace, there are 4 different walks to enjoy. The more the merrier.

This month, instead of the usual bus trip, about a dozen members went to Ravens Hill for a day of learning about this property, it is a credit to Glen & all the other men who have worked on this to make it what it is today, the new shed, mowing, keeping trees trimmed, tranquility to relieve you of stress, anxiety, just relax around the open fire, where Keith cooked the perfect damper, Klaus prepared a mouthwatering chocolate, honey comb cheesecake, Frank for organizing a barbecue lunch, a big thank you to you fellas, also, John, Rob, Ian & other men in the lunch preparation. A correction, regarding, Keith, he won 1st prize for his bonsai at the recent Fraser Coast Show, not third. Apologies, Keith. A relaxing day, tell stories, enjoy your food & enjoy the company of a great group of men.

Thank you, Glen for making us welcome.

We wish our member, Rex Kreig, a hasty recovery from a very nasty fall, I believe he is lined up for surgery at St. Stephens Hospital in Hervey Bay, we hope all goes well for him.



## 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](mailto: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

<b>KIRAMI</b>	Last Friday in the month
<b>MASTERS LODGE</b>	1 <sup>st</sup> Tuesday in the month
<b>OZCARE</b>	3 <sup>rd</sup> Thursday in the month
<b>PARKLANDS</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Monday of the month
<b>TORBAY</b>	Every Tuesday morning
<b>ESTIA</b>	1 <sup>st</sup> Friday in the month

### WALKING GROUP



Following a late-night watching State of Origin football. 18 walkers turned up at the Botanic Gardens for the weekly walk. Apologies from John Henry and Mike Aherne (sick report). Frank B. (notwithstanding his painful leg) motor scooted to Pie and Pastry, Urangan to secure our seating and place the drinks order. Our newest member Keith M. bought along his visitor (and future member) Norm, from Bonnells Bay, NSW, who seemed impressed by the club's objectives and mode of operation.

Geoff H. joined us for a short walk before leaving to meet up with his electrical tradie. Pat R. was back in the team looking forward to picking up his new motor bike later in the day (Hervey Bay Police are on alert!). Peter W. turned up for the post walk camaraderie following a recent heart incident and now quietly taking things easy. John F. relayed the time he observed Peter outside Speers where he was seated waiting for his wife and sound asleep

Page 7 of 14

Geoff H. joined us for a short walk before leaving to meet up with his electrical tradie. Pat R. was back in the team looking forward to picking up his new motor bike later in the day (Hervey Bay Police are on alert!). Peter W. turned up for the post walk camaraderie following a recent heart incident and now quietly taking things easy. John F. relayed the time he observed Peter outside Specsavers where he was seated waiting for his wife and sound asleep. John F. swears he was very audible (snoring) but failed to take the necessary photographic evidence! It got a good laugh from the crowd. Fritz D. joined us after returning from Prince Charles Hospital, Brisbane following a ticker check-up, (yes, they found one!!!) and received a good report. Joining in the general group conversation were Charles J. Doug, Kevin, Ron, Roger, Tony, Henry, and Gerry. Our next walk is The Taj Mahal Walk (the proposed new Council Chambers in Main Street, Pialba) meeting at 8am at Pie and Pastry, Main Street, Pialba on 26th June, 2025.

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

- 3<sup>rd</sup> July – Point Vernon Esplanade meet Brew & View Café Point Vernon
- 10<sup>th</sup> July – Urangan Pier meet at the boy statue
- 17<sup>th</sup> July – Marina / beach walk meet at Boat Club car park
- 24<sup>th</sup> July – Botanic Gardens (no bowl) meet Wellness Centre Elizabeth Street
- 31<sup>st</sup> July – Point Vernon Esplanade meet Brew & View Café Point Vernon

**NEW MEMBERS: MAY 2025**

Francis Tydd	Trevor Moller
Keith Marler	Wayne Burton



**BIRTHDAY BOYS: JULY 2025**

Ray Drysdale	Barry France	John Abbott	Victor Behrens
Keith Murphy	Barry Rome	Wayne Burton	Jim Joyce
David Gresham	Peter Oddestad	Vince Chay	Keith Martin
Tom Allen			

**MEN'S HEALTH**

**What is the flu?**

Influenza (the flu) is a very contagious viral infection. It is a respiratory illness that can affect your nose, throat and sometimes your lungs.

There are 2 main types of influenza viruses:

- influenza type A
- influenza type B

Most people who have the flu are infected with the influenza type A virus. There are also many sub-types and strains.

The virus that causes COVID-19 is different from the virus that causes influenza. Influenza infections are more serious than the common cold. They can cause major outbreaks and severe disease.

The flu is the most common vaccine-preventable disease in Australia.

For information on comparing cold and flu symptoms.

### When is the flu season?

Influenza infections are generally most common from June to September. There is often more than one strain of influenza in the community currently.

Flu season is also the time of year when you are more likely to stay indoors and be in close contact with other people. This makes it easier for the virus to pass between people.

You should get your annual flu vaccine anytime from April onwards. Each year the vaccine is made to match the most common strains of flu.

### What are the symptoms of the flu?

The symptoms of flu may include:

- fever and chills
- cough
- sore throat
- sneezing and stuffy or runny nose
- tiredness
- headache
- muscle aches and joint pains
- Sometimes you may also have:
  - abdominal (tummy) pain
  - nausea
  - vomiting



These symptoms are more common in children with the flu.

It is possible to get flu even if you have been vaccinated. This may be due to your illness being caused by a flu strain not covered by this year's vaccine.

### What causes the flu?

There are 4 types of influenza virus:

- influenza A virus
- influenza B virus
- influenza C virus
- influenza D virus

Influenza types A and B are usually the cause of seasonal flu.

Influenza C virus infections generally cause mild illness and are not thought to cause human epidemics.

Influenza D viruses mainly affect cows. They are not known to cause illness in people.

Some strains of the influenza virus can also infect other animals. Animal influenza viruses are distinct from human seasonal influenza viruses and do not easily pass between people.

### How is influenza spread?

Influenza is spread through droplets from your nose or throat. This can be from coughing and sneezing.

These droplets can be breathed in by someone else who may then get the flu. The droplets can also land on surfaces. Anyone who touches these surfaces and then touches their nose or mouth can also catch the flu.

### **When should I see my doctor?**

See your doctor if you:

- are concerned about your symptoms
- have a high fever (over 38 degrees Celsius)
- have a cough that is not improving
- are in a high-risk group (see below)

Wear a mask when attending your medical appointment to help lower the spread of viruses to other people.

If you have mild flu-like symptoms and are otherwise fit and healthy, there is usually no need to see a doctor.

### **Am I in a high-risk group for influenza?**

You are more likely to get very sick from influenza and need hospital care if you are:

- younger than 5 years old
- aged 65 years or older
- an Aboriginal and/or Torres Strait Islander person
- pregnant
- You may also be at risk of a severe influenza infection if you have:
  - heart disease
  - a chronic lung condition, such as asthma
  - kidney disease
  - diabetes

You are also at risk of severe illness if you:

- are immunocompromised (have a weakened immune system)
- are homeless
- live in an aged care facility.

### **How is the flu diagnosed?**

Your doctor will ask about your symptoms and examine you, including listening to your chest using a stethoscope.

To confirm a diagnosis of influenza, your doctor will arrange a flu test.

This involves taking a sample of cells and mucus from your nose or throat using a sterile cotton swab. This sample is then sent to a pathology laboratory for testing using a polymerase chain reaction (PCR) test. A PCR test can find the genetic material of the virus or bacteria causing your symptoms.

Your doctor may also test you for COVID-19.

### **Can I diagnose influenza at home?**

You can diagnose flu at home using an over-the-counter rapid antigen self-test (RAT). These are like the ones used to test for COVID-19.

Some RATs can test for multiple viruses, like:

- influenza A
- influenza B
- COVID-19
- respiratory syncytial virus (RSV)

### How is the flu treated?

Most people will get better by themselves within 7 to 10 days and without any treatment. Some things you can do to ease your flu symptoms are:

- getting plenty of rest
- drinking plenty of fluids to prevent dehydration
- keeping warm

You can also take paracetamol, ibuprofen or other over-the-counter medicines to treat any pain or fever. Always follow the instructions on the packet.

Various gargles, throat sprays and lozenges are available for the relief of a sore throat. Some people find warm fluids, such as warm water with honey, or sucking ice helpful.

### Anti-viral treatments

Your doctor may suggest antiviral medicines if you are at risk of severe illness. Anti-viral medicines help to shorten the length of your illness and reduce your risk of complications.

Anti-viral treatments are most effective when given within 48 hours of you getting symptoms.

Anti-viral treatments are not usually given to healthy people aged 5 to 65 years. They are most effective for people with a high risk of complications – such as older people and people with other health conditions.

#### Antibiotics

Antibiotics **are not** generally used to treat flu. This is because antibiotics do not work for viral infections. If your doctor gives you antibiotics, they may be to treat complications of influenza.

Taking antibiotics when you do not need them can increase the risk of antibiotic resistance in the future.

### Should I stay at home?

If you are sick with the flu, stay home and avoid close contact with other people until you feel better.

### Can the flu be prevented?

The best way to prevent the flu is to have a flu vaccination every year.

### Flu vaccine

Influenza vaccines prevent against different types of influenza A and influenza B.

There are different types of influenza vaccines. Speak with your doctor about the best vaccine for you.

You should get your annual influenza vaccine anytime from April onwards. This will protect you for the peak flu season. You get the highest level of protection in the first 3 to 4 months after vaccination.

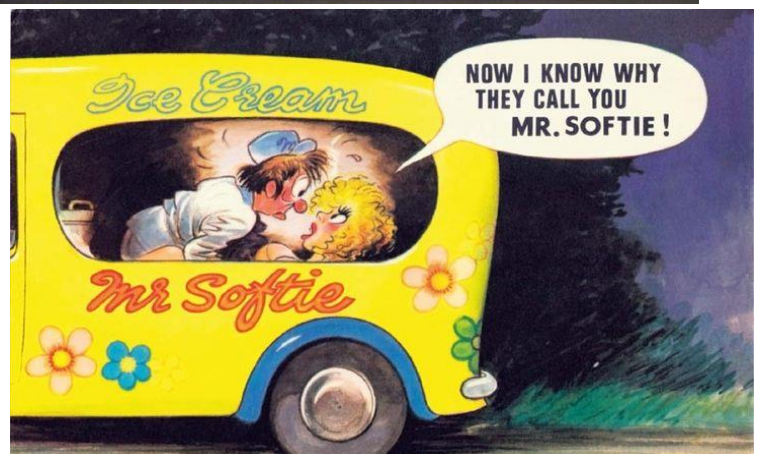
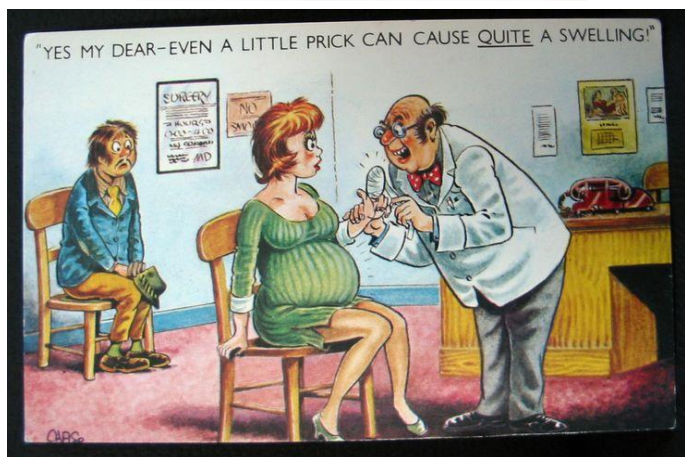
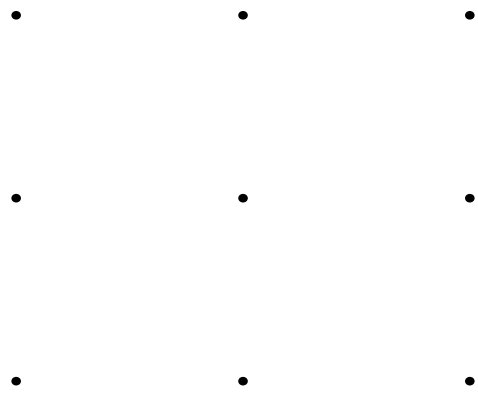
You can get the flu vaccine at the same time as you get most other vaccines.

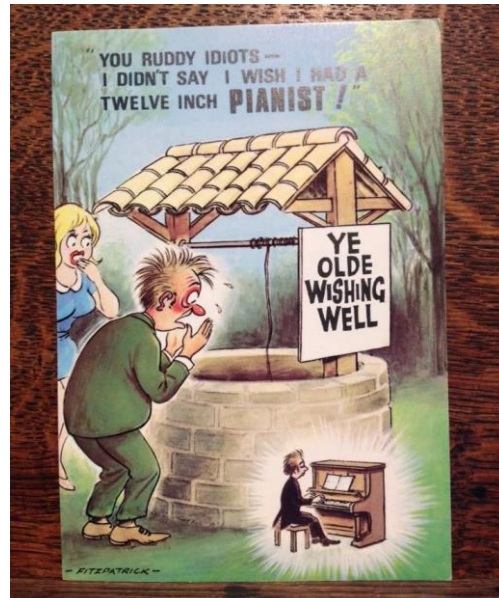
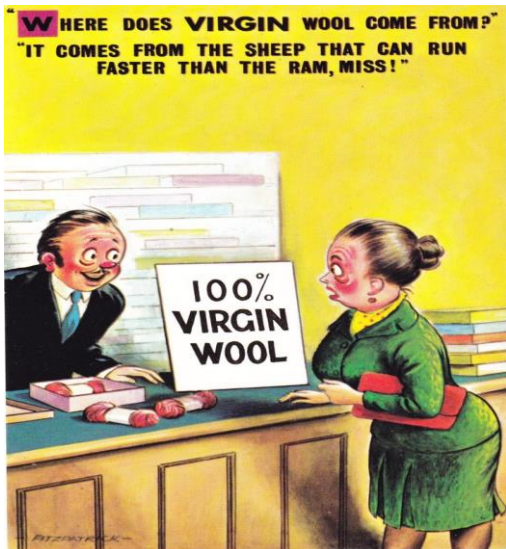
### Ways to prevent influenza

Good hygiene is one of the best ways to help prevent flu and other illnesses from spreading. Try to:

- Wash your hands regularly.
- Cover your mouth and nose when coughing or sneezing.
- Throw used tissues in the bin straight away.
- Do not share cups, plates, cutlery, and towels with other people.
- Influenza is an airborne disease. The virus is spread when people talk, cough and sneeze. Wearing a face mask can help lower your chance of catching the flu.
- If you are sick, you can:
  - avoid touching your eyes, nose, and mouth
  - stay at home

Join the dots  
Can you join all of the  
9 dots with only 4  
straight lines and not  
taking you pen off the  
paper???





**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.

**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

**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

**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)**

**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?**

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/>



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

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

# Sausage Sizzle every 1<sup>st</sup>,  
3<sup>rd</sup>, and 5<sup>th</sup> Saturday of  
the month

See you there



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

  
**MOTION**  
CARING  
SUPPORT IN AGED CARE  
AND DISABILITY  
NINI 0498 330 815  
STEWART 0434 931 681  
[www.motioncaring.com](http://www.motioncaring.com)  
EMAIL –  
[motioncaring@gmail.com](mailto:motioncaring@gmail.com)

 **CREEK  
COAST**  
REAL ESTATE



**ALICIA NIBLETT**  
ELITE AGENT  
0401 220 991  
[creektocoast.realestate](http://creektocoast.realestate)  
[alicia.niblett@creektocoast.realestate](mailto:alicia.niblett@creektocoast.realestate)

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](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

# FIND A WORD



## ALL TO DO WITH FABRICS – 25 WORDS TO FIND

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

- ACRYLIC
- BROCADE
- CHENILLE
- CHIFFON
- CHINTZ
- CORDUROY
- COTTON
- CREPE
- DAMASK
- DENIM
- GINGHAM
- LINEN
- MUSLIN
- NYLON
- ORGANZA
- POLYESTER
- POPLIN
- SATIN
- SILK
- TAFFETA
- TARTAN
- TWEED
- VELVET
- VOILE
- WOOL

OMU proudly and generously supported by the Queensland

Government.

Funded by



Queensland Government

