

OLDER MEN UNLIMITED HERVEY BAY



OMU LOCAL

INCORPORATING
MARYBOROUGH

NOVEMBER 2025



Patron: David Lee

November 2025 (No local in December)

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	Claus Hengst		0409 271 829
Secretary	Gerry Vogels		0415 346 335
Treasurer	Chris O'Brien		0490 188 571
Committee	Ray DeLisen		0447 466 256
	Russell Pool		0499 504 597
	Mike Aherne		0418 749 423
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



"Apparently there's no good or bad children anymore...only misunderstood!"

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	PETER SCANLON	0431 613 942
RAFFLES	DAVID HOODLESS	4128 9011
SAUSAGE SIZZLES		
SOCIAL ACTIVITIES	JOHN LAWRENCE	4128 3630
WALKING GROUP	PETER SCANLON	0431 613 942
PHOTOGRAPHY	JOHN ABBOTT	07 4124 6002

REPORTS

PRESIDENT

How quickly November has come upon us and of course all the excitement of the Melbourne Cup! A wonderful catering job was done by Goochie Simmons and Chris O'Brien with helpers in delivering a delicious luncheon and dessert much to the enjoyment of all present.

Thanks to David Hoodless and David Simpson for arranging and conducting the Melbourne Cup Sweeps and congratulations to all winners. Indeed, it was a very successful and enjoyable function. Thanks also to Mike Aherne our Doorman and general roustabout.

It has been pleasing to see the commitment to OUTREACH being made by our longtime and relatively new members. I would like to mention members Richard Tottman, Bob and Steve Elgar, Glenn Coughran, Noel Spethman, Trevor Cronin, Rusty Pool and "Charlie Pool" (our Outreach Mascot) Peter S., and new members Ron Bailey, Fritz Delahaye, Goochie Simmons, Greg Chamberlain and David Martin who currently are volunteering their services. Thank you, gents - Much Appreciated.

Congratulations to new OMU Committee Members: Claus Hengst (Vice President), Gerry Vogels (Secretary) Chris O'Brien (Treasurer) and Mike Aherne (Committee Member). I feel assured that the club continues to be in safe hands with the appointments of these members, so please give them every encouragement, assistance, and support in carrying out their duties.

I am also pleased to report that Community Flights have advised us of undertaking their 170th flight. This organisation receives a \$500 a month OMU donation over a 10-year period to the benefit of the general Hervey Bay and Fraser Coast Community. Congratulations on their fine achievement.

The news of our Manager David Hoodless's resignation from 9th February, 2026 has been received with much regret. Whilst wishing David well in his retirement, we are now faced with the difficulty of finding his replacement with so far, all attempts to do so being unsuccessful. It would be appreciated if members could spread the word around that we are looking for a new Office Manager, an essential requirement for the position being

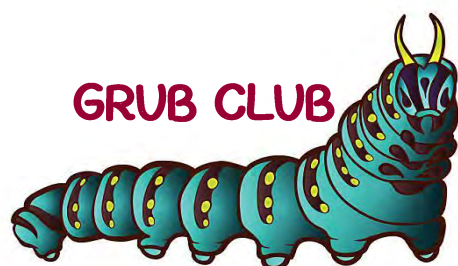
that the successful applicant would have had experience and knowledge of dealing with a charitable institution. The club owes much to David for where it is today and we hope to be able to keep his knowledge and advice on hand when required.

Lastly, I draw your attention to the upcoming OMU Christmas Function at the Boat Club, Urangan on the 3rd December, 2025 commencing at 11.30am.

Numbers are restricted and a list is available on entry to our club, so please indicate your attendance, at a cost of \$25 per person a.s.a.p.

I will be absent attending a family wedding interstate from 16th November, 2025 to 2nd December, 2025 so I look forward to seeing you all at the Boat Club in festive spirit!

PETER SCANLON



Grub Club – November Edition

First An apology. I missed last month and the AGM. We went on a cruise up the Qld Coast to Cairns and back. Came back with an extra 4 kilos – not that you would ever notice it. Discovered the best beer – Cane Cutters Lager – unfortunately only available in Cairns. Cheap Duty-Free Booze – 1.1 litres Rum at \$29.00 and some sort of lurky which slowed us down for a couple of weeks.

So even without me the Grub Club soldered on. See no one is irreplaceable. We visited various cafes and pubs in the Hervey Bay Area. I did see one great improvement at the Torquay Hotel. When you order your meal, they take your name. This stops some confusion when the food arrives as you get the food you ordered. Some of us older members get a bit lost between ordering and receiving your meal. Another problem solved.

For new members or anyone wishing to join our merry little band, we meet every Wednesday at 11.30. We will let you know each Friday the venue for next lunch.

COMMENT

Never marry a tennis player. To them love means nothing.

JBL

MARYBOROUGH

Convenor's Report – Having recently attended the OMU Annual General Meeting, it was heartening to see a good strong Committee elected. Congratulations to all, and especially to Claus Hengst. Claus was elected as Vice President and I am sure he will do a fine job assisting Peter Scanlon who was re-elected as our President.

Some interesting figures were contained in the annual Auditors report.

Maryborough Branch made some substantial contributions, including \$2030.60 for recycled bottle & cans, \$5152.80 for Workshop income and shed fees of \$5644.39.

A fantastic result for our members and the effort they put in over the past year. Keep up the good work!

If anyone would like a copy of the Annual Report, let me, or one of the other Committee members know. Regards, Steve.

Group Activities –

Outreach: Visits to the 5 local Nursing Homes is continuing. The men at Chelsea are continuing to assemble and paint the toys supplied by the workshop. The October visit to Signature was cancelled because they were in lockdown. Between 6 and 8 OMU members have been visiting up to 10 nursing home residents at the 5 Maryborough Nursing Homes each month. The dates for the November visits to the Nursing Homes are on the notice board. Note the change to Fairhaven – brought forward a week.

Workshop/Activities – 170 members have attended the 15 days that the workshop has been open during October and \$368.90 has been contributed by the workshop to the bank balance for the month. The members have finished building a trolley and work has started on the seats for the Community Gardens following the purchase of timber. The last tea box for the Services Club has also been finished and paid for. The workshop members are also going to place a sign outside the Activities Centre advertising woodcraft items for sale. For further information – contact Frank Grant – 0490478193.

FUND RAISING – The sausage sizzle held on Sat. the 27th. of September resulted in one of the best results ever with \$1151.35 being raised. Thank you and well done to all those involved. The sausage sizzle held on Halloween night, Thursday the 30th. October resulted in Bunnings giving OMU a \$200.00 voucher plus a \$20.00 donation and again many thanks to those who volunteered their time and efforts.

The next sausage sizzle is schedule for Saturday the 3rd. January

Fishing Group. Members interested in going fishing are encouraged to arrange outings between themselves, whether they be for a few hours on suitable days to local venues, day boat trips or 2 – 3 days camping trips. If those interested contact the committee, then support would be forthcoming for longer trips or boat trips as it has been in the past.

Chinese banquet – On the 12th. October, Claus, our qualified Chef organised a Chinese Feast for OMU members and their wives and partners. It was a great success and Ron also prepared trifle for dessert to finish off this great lunch. Over 40 members and partners enjoyed this feast and nobody went home hungry. It is a big thank you to Claus for all the preparation and cooking and to Ron for preparing the dessert as well as other members for helping with cleaning up etc. to make this event a success.

Walking Group: The walking group is still doing their thing, i.e. walking, and talking. Numbers vary from week to week with only 3 walkers on the 22nd. October. We are always looking for new members to join this social group. You walk at your own pace before finishing with breakfast, which is always a big hit, though it is optional. There are four different walks on offer which are listed on the headquarters notice board. We start at 7:00 am and finish at 9:00 am. – Richard Shale

Bus Trip – This month, the Maryborough Branch of OMU went to the Gympie Woodworks Museum for the monthly bus trip. Seventeen members enjoyed the day after leaving about 8:40 am and arriving at Gympie an hour later. Morning tea was first up and then onto the working area of the complex. One boiler was fired up with plenty of steam to power the saws. This boiler was built in Brisbane in 1947. Video footage was taken along with photos and they are available on our Facebook, Older Men Unlimited. You might even see yourself. In the museum. We also saw a Kauri Pine disc, which was logged from Danbulla State Forest back in 1939. It was milled at the Tolga Sawmill. Major world events are marked on this huge disc such as the Spanish Armada, William Dampier, Columbus, Magellan, Captain Cook as well as the French Revolution and both World Wars. This tree was standing in this North Queensland Forest for 619 years. I wonder if it should have been left as is in that forest. An interesting sphere was on display, made of 11 different timbers over 9 months and weighing 100 kg. There was an old logging truck, a Republic made in USA. The list goes on and it was really worth a visit. Later, off to the Gympie Golf Club for lunch, which went down well and then back in Maryborough around 3:00 pm. Richard Shale

This bus trip the OMU members went to Hervey Bay for the monthly bus trip. The venue was the Mini Golf course, members from the Maryborough Branch enjoyed the game, lunch was available at the venue. A sunny day, a few yarns during lunch, then we went along the Esplanade, we stopped off at the ice-cream parlour 72 flavours on offer. We went via Point Vernon, the back to Maryborough about 2 00 pm. A really good day all up.

The walking group is still at it. 4 walks on offer to enjoy. We dine at Norma Jean cafe once a month, back to Parkside Cafe in the CBD. New members are always welcome. The weekly numbers vary, but still a great social morning. Starting at 7 00 am and wrapping up about 9 00.

About 3 OMU members went to Ravens Hill last week. We met some men from Yaralla Nursing Home, we had a good chat, we observed the minute silence at 11:00 am for Remembrance Day. A few war stories were told, Frank bought the food, Tom did the cooking, we enjoyed the quiet surroundings Rob was there to run the place, A big thank you for the Yaralla fellas and the driver, Ken and Daniel the carer

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	Every 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	2 nd Friday in the month

WALKING GROUP



The walking group has undertaken the following walks since the last Newsletter:

- 1) ARKARA GARDENS: A happy group of 9 walkers turned up to do the Dundowran Beach Walk and it was pleasing to see that the bat infestation at the Gardens had been successfully eradicated with the staff a little reluctant to explain how!! Always a pleasant walk from the Gardens Car Park, leaving the homes and trudging through the vegetation to the beach, but a delightful walk along the sand before retracing our steps back to base and refreshments thereafter. The President dug out his wallet and shouted savoury muffins all round (perhaps because of the small number present!!!).
- 2) NIKENBAH RAIL TRAIL: This is always a popular walk and today 11 walkers turned up, with some apologies on the "sick" list. It was a good paced walk and all walkers put in a solid hour and were happy to get back to the Depot for the "Mystery" breakfast, being bacon, egg and relish wraps, thanks to OMU. New staff kept us there a little longer than norm but always friendly and good service. The trainees did well!!
- 3) URANGAN PIER: 12 walkers made the Urangan Pier with John Henry keeping our bench for "afters" and off we all headed towards Torquay.

David W. of course set off at a cracking pace, John Flanagan hit an early hurdle and ended up having a much shorter walk than normal, and it was good to see Peter W. having a go following a serious illness. We did the hour well and truly and were rewarded with refreshments from Kelz Bakery.

4)BOTANIC GARDENS: Again 12 walkers made the effort and it was off around the gardens, to the bridge then via McDonalds (no stopping allowed) along the old rail track and around the back of the Op shop and businesses to Miller Street and then back around Elizabeth St. to Pie and Pastry for refreshment, with Noel S. Charles J. and Tony R. just doing that little extra to ensure a full one hour. Well done lads.

Will there be a walking group Xmas Party? That is the BIG question!!!!

A new itinerary will be shortly available for after 27th November, 2025.

ALL WALKS COMMENCE AT 8.00 AM UNLESS OTHERWISE STATED – DECEMBER 2025 JANUARY 2026

4th December – Marina / beach walk Meet Boat Club car park Urangan

11th December – Nikenbah Rail trail walk Meet Depot Café Nikenbah

18th December – Urangan Pier walk Meet at the boy statue

25th December – Stay in bed and dream about walking with Santa

JANUARY

1st January – Botanic Gardens walk Meet Wellness Centre

8th January – Point Vernon Esplanade walk Meet Brew & View Café Point Vernon

15th January – Arkara Gardens / Dundowran Beach walk Meet Arkara Gardens Café

22nd January – Taj Mahal walk Meet Freedom Park car park Main Street Pialba

29th January – Sports Club walk – Meet Sports Club Tavistock Street Torquay

NEW MEMBERS: NOVEMBER 2025

David Martin

Stuart Sergeant

Ron Kearse

BIRTHDAY BOYS: DECEMBER 2025

Gary Powell

Brian Taylor

David Pennington

George Oliver

Goochie Simmonds

Gilly

Ken Green

Richard Barkess

Bill Liston

Buddy Lohman

Bill Simpson

Kevin Mallam

Peter Hind

Gerry Scharma

Leon Kelk

JANUARY 2026

David Walker

Trevor Moller

Rod Paroz

Dennis Goudie

Ken Callinan

Peter Russell

Claus Hengst

Greg Chamberlain

Barry LeBreton

Ray Chesterfield

Jeff Amy

Richard Shale

Hendo



PHOTOGRAPHY GROUP



The Photography Group is up and running with many thanks to John Abbott.

If you would like to get involved, please ring John **07 4124 6002**

MEN'S HEALTH

What is rheumatoid arthritis (RA)?

Rheumatoid arthritis (RA) is a chronic (ongoing) condition that can cause pain and swelling in your joints.

RA is an autoimmune condition, where your immune system attacks the tissues lining your joints. When this happens, some joints become inflamed, swollen, and painful.

RA usually affects your smaller joints, such as the joints in your hands and feet. But it can also affect other joints, like your:

- wrists
- elbows
- ankles

RA can also affect other parts of your body, such as your skin, eyes, lungs, heart, or kidneys.

RA is more common in females than in males. It is usually diagnosed in people aged 40 to 60 years.

What are the symptoms of RA?

The symptoms of RA are having some joints that are:

- painful
- swollen
- stiff (joint stiffness may last for longer than one hour after you wake up in the morning)
- warm and tender to touch

Usually, the same joints are affected on both sides of your body. For example, you may have pain and swelling in the joints of both hands or both feet.

Some people with RA have flare ups – times when their joints feel particularly sore. This can be followed by months, or even years, with few symptoms. Other people may have symptoms that slowly get worse over time.

What causes RA?

The cause of RA is not known.

Your risk of RA is higher if:

1. someone in your close family has RA
2. you smoke

When should I see my doctor?

If you notice symptoms of RA, or you are concerned that you may have RA, you should see your doctor as soon as possible.

How is RA diagnosed?

Your doctor will ask questions about your symptoms and examine your joints. A diagnosis of RA can be made from your medical history and examination.

Tests may be recommended to help confirm the diagnosis and see how bad the inflammation is.

Your doctor may recommend blood tests to check for inflammation. The tests may include:

- rheumatoid factor (RF)
- anti-cyclic citrullinated peptide (anti-CCP)
- erythrocyte sedimentation rate (ESR)
- C-reactive protein (CRP)

Your doctor may also recommend x-rays or other scans, such as ultrasound scans.

If your doctor thinks that you may have RA, they will refer you to a rheumatologist (a doctor specialising in arthritis).

How is RA treated?

There is no cure for RA. But there are treatments available to help with your pain and stop further damage to your joints.

Healthcare professionals that can help with RA can include:

- your doctor
- a physiotherapist
- a dietitian
- a psychologist
- an occupational therapist
- a rheumatologist

Medicines for RA

Your doctor may recommend a combination of medicines.

- Pain-relief medicines your doctor may prescribe include:
 - paracetamol
 - non-steroidal anti-inflammatory drugs (NSAIDs)

Disease modifying antirheumatic drugs (DMARDs) are a group of medicines that can relieve your symptoms and reduce damage to your joints. Doctors usually recommend early treatment with these medicines.

There are different types of DMARDs, including:

- conventional synthetic DMARDs, such as methotrexate

- biological DMARDs
- targeted synthetic DMARDs

Corticosteroids, such as prednisolone, are medicines that can help manage pain and stiffness during flare-ups. Corticosteroids are available as tablets. They can also be injected into your joint to reduce pain.

Other treatments

Omega-3 is a type of fat naturally found in foods such as certain fish. You can take fish oil supplements that contain omega-3 to help with pain and inflammation.

Some other treatments that may help reduce pain include:

- acupuncture
- transcutaneous electrical nerve stimulation (TENS)
- cognitive-behavioural therapy (CBT)

Ask your doctor whether these treatments may be helpful for you.

Diet and exercise

It is important to maintain a healthy diet if you have RA. This includes:

- eating lots of fruits, vegetables, and wholegrain cereal food, such as brown rice or oats
- eating foods that contain omega-3 fats
- avoiding fatty, sugary or very salty foods

Exercise can also help improve your functioning, maintain a healthy weight and benefit both your mental and physical health.

Choose activities that you enjoy and that are low impact for your painful joints. Talk to your physiotherapist about how to start an exercise program that is right for you.

Home adjustments

You may also need to make changes at home to help you manage daily tasks like cleaning or gardening.

An occupational therapist can help you make changes if pain or joint stiffness makes certain tasks hard to complete. They can recommend tools to reduce strain on your joints, such as:

- long-handled dustpans so you do not need to bend over
- book holders to reduce the strain on your hands and wrists
- An occupational therapist can also give you personalised advice on how to avoid falls and keep safe at home.

Can RA be prevented?

You cannot prevent RA because the cause of the disease is not known.

Quitting smoking, or never smoking, will reduce your risk of developing RA.

Complications of RA

Some complications of RA are:

- an increased risk of coronary heart disease
- pulmonary fibrosis (a type of lung disease)
- carpal tunnel syndrome

You might find that having RA sometimes makes you feel frustrated and upset. Pain can cause poor sleep, which can also make you feel down.

Discuss your feelings with friends and family and explain to them how they can support you. This may help you feel better and reassured that help is available.

If you are struggling with a low mood or not managing to sleep, your doctor will be able to support you and work with you to build a plan to help.

Arthritis Australia has information on RA. You can call Arthritis Australia on 1800 011 041 for information and support

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.



**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/>



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



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

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



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

**HOODY'S HERBS
MARKETS AT THE PIER
EVERY 1ST, 3RD & 5TH
SATURDAY**

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



Santa has a senior moment



FIND A WORD

ALL TO DO WITH DAYS / TIME – 27 WORDS TO



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| NIGHTS | PRESENT | SEASON | TIME | TODAY | TOMORROW |
| WEDNESDAY | | WEEKEND | YEAR | | |

