



“Older Men Supporting Older Men”

April 2015

The BOMNET Bulletin

Issue 13

The official Newsletter of the Bundaberg Older Men's Network (BOMNET) Inc.

President's Message

Happy First Birthday BOMNET



On Tuesday 14th April 2015 BOMNET celebrated its first birthday at the YMCA, 7 Quinn Street Kepnock, and what a wonderful celebration it was. We had around forty attendees including members and their wives/partners, plus invited guests.

The celebration took the form of a lunch time barbeque, plus the mandatory birthday cake of course, as well as short speeches by Keith Pitt, Federal MP, Deputy Mayor David Batt, and Salvation Army Counsellor Des Limkin.

It was great to see so many people willing to offer

their help without being asked, and I thank those people; too many to mention, but they know who they are.

My personal thanks go out to BOMNET members and chef extraordinaires Bob Read and Bob Jones, who slaved over a hot barbeque, and Councillor Judy Peters who seemed to be everywhere, doing every thing and helped me personally...I couldn't have done it all without her.



BOMNET Member Bob Read, chef extraordinaire, taking a break from the barbeque.

Hey Bob, is that a kilt you're wearing?

We owe a great deal to Phill Sellwood, YMCA CEO, for the weekly use of the stadium kitchen to hold our Tuesday meetings and “Drop In Centre” in, and the use of the barbeque area...thanks Phill.

Continued on Page 6.



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"BOMNET Drop In Centre"

When: Every Tuesday .

Time: Between 9.00 am and 12.00 pm.

Where: Stadium Kitchen YMCA.

Address: 7 Quinn Street, Kepnock.

Join us for a cuppa and a chat. in a quiet , private, safe environment. If you're feeling lonely, isolated, depressed, or just seeking friendship, pop in and say 'g'day.

Phone John Balding on 41542452 for more details, or email johnbalding@bigpond.com



Meet Our Sponsors

Sponsorship by way of this newsletter is of paramount importance to the growth of the Bundaberg Older Men's Network (BOMNET) Inc., for without the generosity of sponsors we would have little in the way of funds to offset the costs of running our programs.

To date the following businesses have taken out ads in our newsletter, made donations, offered their support by way of a venue for our meetings, or offered reciprocal ads in their own newsletters, and in doing so have become sponsors, and or supporters.

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- 4BU Classic Hits - Billy Healy (Supporter)
- COMLINK Bundaberg (Supporter)
- Keith Pitt MP (Supporter)
- YMCA (Supporter)

If any of our growing list of friends and supporters would like to become sponsors, or donate prizes that can be raffled, please contact John Balding by phoning 41542452, or by emailing johnbalding@bigpond.com

Please support those who support us!

Best wishes and Happy Birthday to BOMNET member Don Morrow, who celebrated his birthday on 13th April.

BOMNET member Trevor Colley has been out of sorts lately and hasn't been up to attending our Tuesday Drop In Centre.

We hope you're back with us soon Trevor as we miss you mate.

Taming The Black Dog - Depression

Rob Brabrook's Tips For Taming The Black Dog

There's nothing new about depression. Humanity has been suffering depression from early in our evolution.

Hippocrates called it melancholia and Winston Churchill his "black dog".

It is a horribly dark state to be in. It is characterised by loss of energy, lack of motivation, and it is hard to experience pleasure. Instead, emotions such as anxiety, anger, sadness, guilt, shame, humiliation rise to the surface and we feel vulnerable or worthless and withdraw socially.

Depression can find its beginning in childhood if we often felt inferior or worthless as a child. Counselling can determine where these feelings originated and help to dispel the anger and hatred.

When we are depressed there are changes in the way our brain processes our thoughts as mood chemicals are unbalanced. The more we can avoid life's stresses and associated thoughts the less we are sensitive to depression. This is often difficult as our circumstances change constantly.

Negative thoughts about ourselves can amplify body stress response with changes in hormone levels and brain chemicals, and plunge us into depression. Grief from a significant loss can produce feelings of anxiety, exhaustion and defeat. This also places us at the edge of depression. Keep losses in perspective.

WAYS TO TAME THE BLACK DOG

First, have the family doctor check for physical conditions such as:

- Thyroid deficiencies
- Anaemia
- Vitamin B12 deficiency
- Hormone Problems
- Mild Stroke
- Reaction to medication.

He may prescribe anti-depressant medication which is non-addictive and may over time provide good relief.

Then, sensibly exercise, reduce alcohol intake, eat a healthy diet. Learn to relax by controlling breathing rhythm, relaxing the muscles one by one.

Make a list of the positive things you would like to include in your life.

Occupy yourself with some activity or hobby you are good at.

Find a counsellor who is understanding and compassionate and is a good reflective listener who will help you to see things in a different light.

Distract dark thoughts by having your mind take a fantasy journey to somewhere beautiful and peaceful.

Cultivate that compassionate side of your nature which reacts warmly to those in pain and distress including your own troubled brain.

Write down your thoughts and then monitor and challenge them to short circuit negative feelings. Realise you are a better person than you thought you were.

Ask yourself 'Am I being falsely accused? Am I attacking myself or calling myself names?'

Develop a strategy to regain control over a difficult situation before feeling defeated or trapped by it.

Black dogs can be tamed!

References various, including "Overcoming Depression" by Paul Gilbert.

Written by Rob Brabrook -TOMNET Counsellor



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We don't build houses, toys or furniture, but we do help build relationships, trust, self-esteem, confidence and communities.

Remembering Our ANZACS 100 Years On

Ode of Remembrance

They went with songs to the battle, they were young.
Straight of limb, true of eye, steady and aglow.
They were staunch to the end against odds un-
counted,
They fell with their faces to the foe.

They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning,
We will remember them.

They mingle not with their laughing comrades again;
They sit no more at familiar tables of home;
They have no lot in our labour of the day-time;
They sleep beyond England's foam.



Lest we forget

Do You Suffer With Chronic Persistent Pain?

The Bundaberg Pain Support Group meet between 10.00 am and 12 noon on the second Saturday of each month at Room 3, St Mary's Catholic Community Centre in Boston Street, Bundaberg..

The next meeting will be held on Saturday 9th May 2015.

For more information
phone Shelley or Sammy
on 0456 159 583.



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Elliott Heads

March Guest Speaker

Our guest speaker on Tuesday 24th March was Brenton Veurman, Manager/Chemist from the Coral Coast Pharmacies Plaza Store.

During his talk Brenton covered a number of pharmaceutical topics and services available throughout the Coral Coast Pharmacies including, but not limited to the following:

- Life Club Customer Rewards Program (free to join)
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- Sleep Health Solutions
- Medication Packing
- National Diabetes Services Scheme Sub - agents
- Meds Check
- Naturopathic Advice

Coral Coast Pharmacies are located at:

- Burrum Street Pharmacy, Eastside Pharmacy**
- Gin Gin Pharmacy, Plaza Pharmacy (opposite Hinkler Central Shopping Centre) & West Bundaberg Pharmacy**



Raffle Donations

We would like to thank the following people and business for their generous donations to our raffle.

Hitchcock s Fine Jewellery, The Good Guys, Ultratune, Across the Waves Sports Club, Ross Gray Motors, John & Bev Balding, John & Zaira Scarbrow, Col & Pat Nielsen, Leon White, Dymocks Book Store, Subway, Alice's Hair Shoppe, Rise the Bakehouse, Bristol Paints. Without the generosity of the above people and local business we would not have been able to hold our raffle, so we thank them from the bottom of our hearts.

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Happy First Birthday BOMNET - Continued from Page 1.

Our raffle was drawn straight after lunch with some help from Councillor Judy Peters, John Balding, Bob Stephensen and Margaret Lee (obscured in photo). There were some great prizes and many lucky winners... we thank the many business and people who donated prizes



The raffle in full swing



Keith Pitt (Federal MP), John Balding (BOMNET President) and David Batt (Deputy Mayor)



Some of our members and guests enjoying the meal



Our two chefs extraordinaire , Bob Jones and Bob Read, with foreman for the day, Councillor Judy Peters watching on.

Diabetes Education Outreach Service

Pat A'Bell, RN CDE Credentialed Diabetes Educator ABN: 68 876 462 866
Bundaberg Business Enterprise Centre Cnr of Quay & Tantitha Streets Bundaberg
Phone (07) 4153 1536 Mobile 0418 149 081 Fax (07) 4153 6867
Email diabetes01@bigpond.com.au

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DIABETES MANAGEMENT IS ALL ABOUT SELF MANAGEMENT

Come and speak to your local Credentialed Diabetes Educator Pat A'Bell today

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In the spotlight with BOMNET Member Col Nielsen

I was born in Bundaberg in 1933, and I'm the eldest of two boys. We lived at South Kolan on the Weir Road, and both my grandfathers owned cane farms.

Times and things in general were tough for me as a young child.

At the age of six I started grade one at Kalbar State School, a one teacher school, and had to walk three miles each way to school. After arriving home from school it was my job to feed the chooks, chickens, ducks etc, and get the chips for our wood stove.

Two years later my dad sold his bus run and bought a farm on the Ten Mile Road, and I started at the Erin Hill State School. More work, I had to milk the cows, feed the pigs etc.

During the crushing season of 1941-1942 no school as long as I cut the cane and helped with other farm work. The farm was sold in late 1943 and we moved to where I could catch a bus to town to start grade six.

At school I found that I excelled at sport (I had never seen any sporting gear before). By my fourteenth birthday I was captain of Green House Sports Section, captain of the rugby league, and captain of the school team cricket side. I won the Wide Bay 100, 220, and 440 yards athletics, and was on the winning relay team.

I arrived home from school one Thursday afternoon and was told to tell the teacher the following day that won't be coming back to school. I started work the following Monday at Wyper's Furniture Factory, and my only form of transport was a very old bicycle with no gears or brakes. It made the ten mile ride each day very tiring.

By age sixteen Wyper's hadn't offered me an apprenticeship, so I left and took the offer of an apprenticeship, learning the blacksmith's trade. Riding ten miles to and from work each, belting hot iron with a ten pound hammer made me a very tired boy.

I got a break at age eighteen when I joined the first intake of National Service, just what I needed. After six months of infantry training I just wanted to go home. No, I was told, you're going to Korea, the Government had stuffed up!

I went home to say goodbye, but a small piece of paper which needed my parent's signature was refused. The Government was told that the age of consent was twenty one, not eighteen, too bad.

I finished my apprenticeship, and then promptly joined the RAAF.

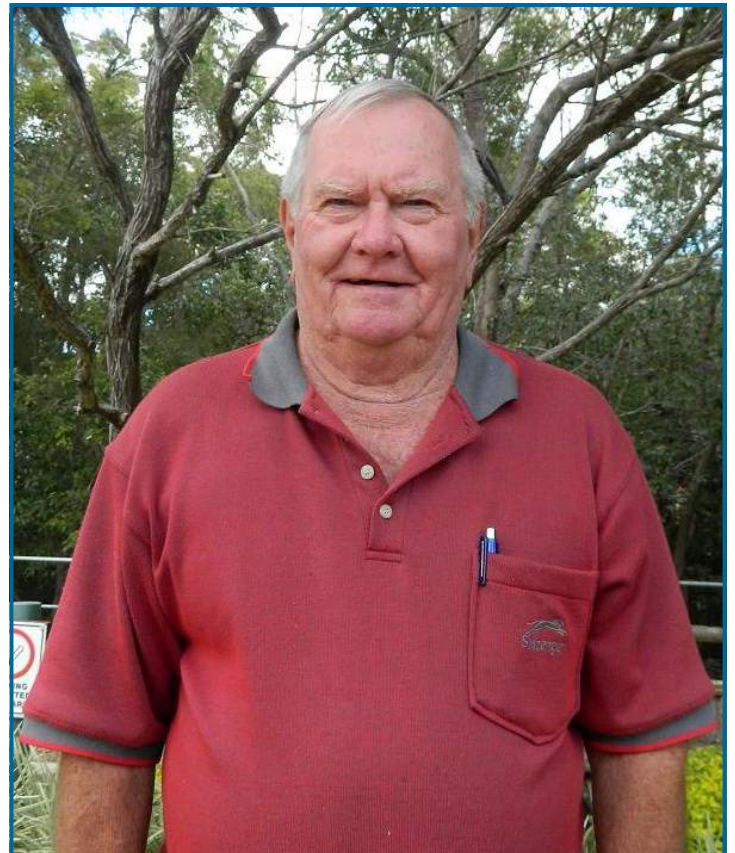
I started my training in April 1954, in Sydney and then

went to Garbutt at Townsville, and passed the exams to become a pilot. The course was in mid 1956, so I was posted on active service for twelve months, then came home to start pilot training. Another Government stuff up, they decided because we were in a bad area they could not replace us. So three years later I got to see my home in Bundaberg. I resigned from the RAAF in 1960, no Vietnam for me.

I got married to Patricia and worked at my trade in Bundaberg. The last twenty five years of my working life was spent at Milliquin Sugar Mill, where I was forced to retire because of a worn out back.

I have two adult children, Jason and Odette, and four grandchildren, two boys and two girls.

In retirement I have done a fair bit of volunteer work with the YMCA, the Bundaberg Central Men's Shed, both of which I'm still a member and now the Bundaberg Older Men's Network (BOMNET) Inc... I love helping people.



Col Nielsen - BOMNET Member

Happy First Birthday BOMNET - Continued from Page 6.



The crew from Comlink Tony, Jodie and Andrew



More members and guests enjoying their meals

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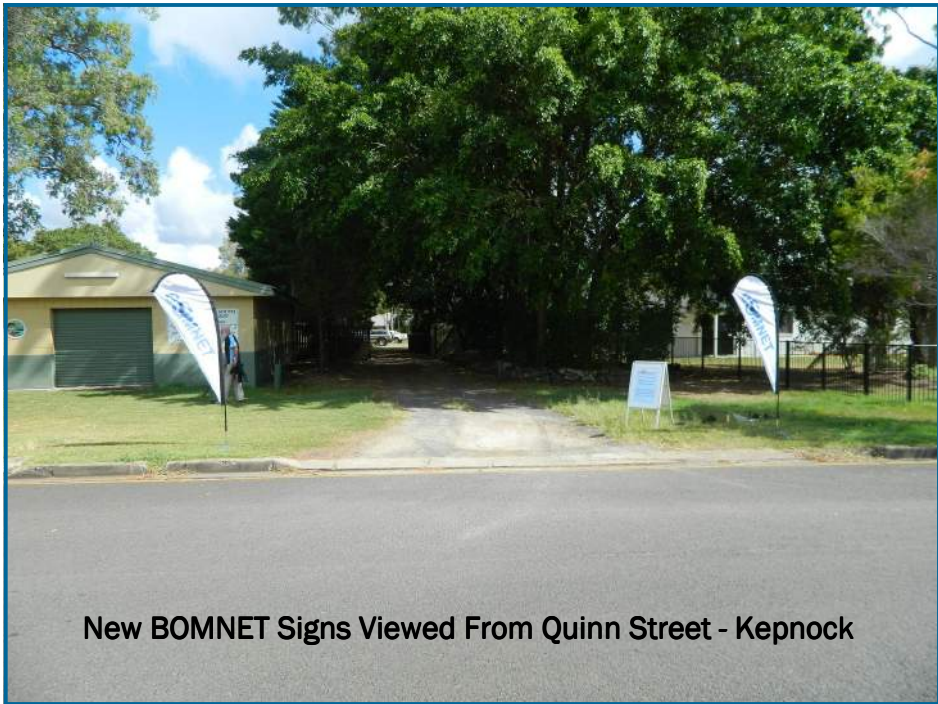
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Rob McCulloch - Convener
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 Email Address: ra.mcculloch@bigpond.com

It's a Sign of the Times

We've just invested in some new signage so that people have a much easier time of finding us tucked away at the rear of the YMCA, and whilst it's the same type of signage as many of the new and used car yards display, we haven't started our own caryard.

The signs were put up for the very first time on Tuesday 24th March by Ray Sonter and Harry Peck, two of our members who have dual membership with both BOMNET and the Bundaberg Central Men's Shed (BCMSA)...thanks fellas
(Photos taken by Ray Sonter)



New BOMNET Signs Viewed From Quinn Street - Kepnock

Free hearing checks

Australian Hearing is offering hearing checks to pensioners.

Australian Hearing Bundaberg
Ulton Building, 62 Woondooma St
Bundaberg QLD 4670

Australian Hearing 131 797
www.hearing.com.au

BUNDABERG
REGIONAL COUNCIL

WE are grateful to the Bundaberg Regional Council for the approval of our grant application, thus enabling us to purchase the most essential capital equipment items to produce this newsletter, among other things.

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Meet Our Supporters



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Our thanks go out to 4BU and Billy Healy for his ongoing support and regular "On Air" chats.


Please support those who support us.

This newsletter was printed by BCAS (Bundaberg Community Admin Support)



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7 Quinn Street Kepnock - Phone: 41328232



YMCA We build strong **PEOPLE**
strong **FAMILIES** strong **COMMUNITIES**

Many thanks to Phill Sellwood and staff for their support, and for helping us out with use of the Stadium Kitchen for our Drop In Centre and monthly meetings.



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