



“Older Men Supporting Older Men”

August 2014

The BOMNET Bulletin

Issue 5

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

President's Message

Another busy month for “The Blokes From BOMNET”; this one started off with some terrific news from the Bundaberg Regional Council telling us that our grant application had been approved, which will allow us to purchase some capital equipment, such as a notebook computer, a laser printer, a television set and DVD player, plus some electronic equipment that will allow us and some of our guest speakers to conduct power point presentations as part of our training schedule.

We thank Bundaberg Regional Council for approving our grant application, and we thank the following people and organisations for their letters of support which were forwarded with our grant application, and I'm sure played a big part in the application being approved.

Louise Adcock - The Older Men's Network - Toowoomba

Phill Sellwood - YMCA Bundaberg

David Holmes - Coral Coast Pharmacies - Bundaberg

Keith Pitt - Federal MP - Bundaberg

Jack Dempsey - State MP - Bundaberg

On page 3 you'll notice that Lloyd Enkelmann, one of the foundation members of TOMNET (The Older Men's Network Inc.) the Toowoomba based older men's network has agreed to come to Bundaberg and address the members of BOMNET on Tuesday 9th September. Lloyd is a great speaker and a great motivator, and assisted us enormously in the establishment of BOMNET back in April.

Not wanting to limit Lloyd's talk to just members of BOMNET, we've also invited members of the various men's sheds in the area as the topics Lloyd will be discussing will be of interest to all men.

Be sure to read “The Importance of a Handshake”, an article written by Lloyd Enkelmann on page 5.

This article is particularly relevant to the blokes from BOMNET as we feature a handshake as part of our logo. It's our belief that a handshake binds us together, forms bonds of friendship and, builds bridges across various divides and chasms we encounter from time to time. A handshake helps ensure that we accept and value the rights of others to have their own opinions, even if we are at odds with them.

Cheers,
John Balding - BOMNET President.



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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

Prostate Cancer Talk

Last month, on 29th July, local convenor of Bundaberg & District Prostate Cancer Support Group, Rob McCulloch gave us a talk on prostate cancer awareness and early detection, plus treatments available.

Rob normally gives these talks via a Power Point Presentation, but as we don't have the necessary equipment just yet he confined the talk to a verbal presentation.

Rob's talk was well received, and there were many questions asked at the end of the talk.



Rob proudly displaying his Certificate of Appreciation

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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Jack Dempsey MP (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!**

Date Claimer!

On 9th September Lloyd Enkelmann, one of the founding members of the Toowoomba based TOMNET (The Older Men's Network Inc.) will be visiting Bundaberg to give a talk to members of the Bundaberg Older Men's Network Inc. (BOMNET).

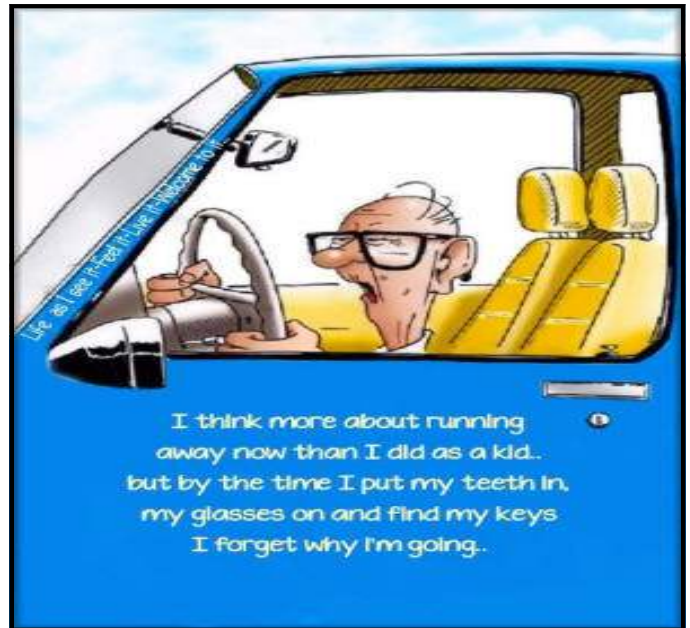
It would be a shame to limit Lloyd's talk to just one group of older men, so BOMNET is inviting all interested older men along to hear Lloyd discuss "Older Men's Needs" and "Stages of Retirement".

The only catch is that we need to know the number of attendees ASAP so that we can book a suitable venue for the talk. Our normal venue, the YMCA Stadium Kitchen would only hold around thirty, stretched to capacity. I don't even have a venue in mind at this point in time, not being aware of the number of attendees.

For those of you who are not familiar with Lloyd and his many achievements, you only have to Google the TOMNET website to understand his influence there <http://tomnet.org.au/>

TOMNET has been operating since 2001, and today their membership exceeds 280, so they must be doing something right.

So, if you like to come along and hear Lloyd speak on the 9th September, please contact John Balding as early as possible on 41542452, or email johnbalding@bigpond.com





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**A Word From Our Sponsors...
A Regular Feature Column**

Tips on caring for your mobility scooter and powerchair.

- **BATTERIES** : Always make sure your batteries are fully charged before and after use. Leaving batteries uncharged after a ride can cause your battery life to depreciate. Batteries that aren't charged before going out can discharge the volts very quickly and result in, batteries needing replacing, motor brush's burning out, damage to the main controller and in worst cases cause the motor to burn out.
- Always check tyres are inflated to a good pressure. Front tyres 25 psi and rear 30 – 34 psi. Having flat tyres will result in putting too much load on the batteries, causing problems described in first pointer.
- Check that the charger is working e.g lights are working, fan is going and on/off switch is working. Always try to check weather conditions for the day of travelling with your mobility scooter or powerchair. REMEMBER water and electricity don't mix.
- Read the Manual Carefully. Take care to fully read the manual which will give useful tips and advice on how to maintain your scooter.

Ensure regular servicing to prolong the life of the scooter. It may be possible for the technician to undertake the service at your home to ensure you will not be without your mobility scooter for a long period of time. As with a car, regular servicing is beneficial both for your aid as well as peace of mind. Give us a call to book in your service – Safety is a Priority! For more information, call Bundaberg Mobility Centre on **41 536 536**

Do You Suffer With Chronic Persistent Pain?

If you do then join with us on Tuesday 26th August for an informal talk by the Bundaberg Pain Support Group's co-ordinator Shelley, who is an affiliated member of Australian Pain Management Association Inc. (APMA)

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. Their next meeting will be held on Saturday 13th September.

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 Fax: (07)4153 6867

Diabetes Education Outreach Service

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The Importance of a Handshake

This article was written by Lloyd Enkelmann, one of the foundation members of the Toowoomba based TOMNET (The Older Men's Network Inc.). TOMNET was established in 2001, and currently has in excess of 280 members.

Lloyd was also instrumental in helping to get BOMNET (the Bundaberg Older Men's Network Inc.) off the ground in April this year.

The meaning of a handshake is whatever you intend it to be. In the case of TOMNET it is the members who have created and maintained the culture of TOMNET. It is this culture that preserves the strong tradition of members where almost automatically, shaking hands with a mate is par for the course. In fact, it may be somewhat presumptuous of us to claim that a handshake among TOMNETITES takes on extra special meaning because of the culture we value. That a firm handshake has become synonymous with mateship, camaraderie and oneness among us is without question.

First, a unity of purpose prevails in our organization. This does not mean that our unity is the same as uniformity. We are generally united in living by our underlying philosophy of older men supporting older men. However, we all go about our giving and receiving this support in our own individual ways. No two fellows do this exactly the same. What we also do nevertheless, is to shake hands on what we agree upon and what we don't agree upon. I suggest that this understanding and acceptance is captured in the TOMNET handshake.

Second, both givers and receivers within our membership are equally and highly valued. In a one-to-one interaction the giver – in addition to the satisfaction that is derived from simply giving to another – invariably receives something worthwhile from the receiver. This effectively means that the receiver becomes a “return” giver himself. This equates to due recognition of the receiver, even when appearing to be very passive with not much to offer in the interaction.

They both represent equal value and this is acknowledged in the ritual of a handshake, whether this acknowledgment is conscious or subconscious. Just as the hands come together, two-way communication is effected in meaningful connection.

Third: Because the vast majority of our members are passionate about what TOMNET means to them and therefore have strong views about what and how things should be done, there is not infrequently conflict amongst us. This is not necessarily a bad thing, especially when different orientations are thrown into the decision-making melting pot. It is this diversity amongst us that is like an amalgam of different properties that combine in strengthening a desired and collective end result in the best interests of TOMNET.

What is problematic is unresolved conflict that is unproductive, unhelpful and if not rectified, down right destructive. Where is the handshake relevant at this point? The handshake helps ensure that we accept and value the rights of others to have their own opinions, even if we are at odds with them. We may need to agree to disagree in the best interest of TOMNET and this agreement can be sealed by shaking hands after all is said and done. Of course, forging agreement where consensus is arrived at can also be sealed by way of a firm handshake.

Finally, a handshake binds us together, forms bonds of friendship and, builds bridges across various divides and chasms we encounter from time to time. While the culture of TOMNET is characterised by all sorts and conditions of men there is oneness about us.

Some of us are good talkers, some good listeners, some a bit of both and some of us somewhere in between. While some could be described as garrulous gentlemen of the babbling brook variety, others are of the silent type, best typified by the saying that “still waters run deep”. In TOMNET, regardless of our personalities and how we fit into the organization, there remains one language of relationship that always speaks eloquently about our oneness. It is the TOMNET handshake.

Lloyd Enkelmann

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BOMNET Monster Raffle

Our "Monster Raffle" will be drawn on Friday 29th August at the offices of Keith Pitt, MP, Federal Member for Hinkler.

Ticket sales have been a bit slow, and any of our readers who would like some tickets can contact John Balding on 41542452, and we'll get some tickets to you. They're just \$2.00 each, or 6 for \$10.00.

Again we would like to acknowledge and sincerely thank those local businesses who got behind our raffle, and donated prizes.

In no particular order they are as follows:

Hitchcocks Fine Jewellery
 Across the Waves Sports Club
 The Good Guys
 J A Toft & Co
 Bundy Bogan
 Jules A Concept
 Natures Emporium
 Bundaberg Health Foods
 Bristol Paint & Decorator Centre
 Westside Florist
 Hair Force One
 Bundaberg Toyota
 Totally Clips
 Ross Gray Motors
 Dymocks Book Store
 Freedom Sports
 Ultra Tune
 Ken's Plumbing Plus

Please support those who support us!

Senior's Expo

As part of Senior's Week celebrations from August 16th to 24th, Bundaberg Older Men's Network (BOMNET) Inc. will be manning a stall at the Senior's Expo being held at the Civic Centre on Tuesday 19th August from 8:30 am to 12:00pm.

Anyone wanting to know more about BOMNET, such as our aims, our objectives, and our values can have a chat to any of the "Blokes from BOMNET on our stand.

We'll also be selling tickets in our "Monster Raffle", so take the opportunity to grab a few tickets, it might just be your lucky day.



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Rob McCulloch - Convener

Ph. 41 599419 Mobile: 0428 599 411

Email Address: ra.mcculloch@bigpond.com

Stroke

Look out for the signs of stroke. Always remember the **FAST** rule if you suspect someone that you're with suffers a stroke.

FAST is an easy way to remember the key signs of stroke:

Face – Check their face. Has their mouth drooped?

Arms – Can they lift both arms?

Speech – Is their speech slurred? Do they understand you?

Time – Time is critical. If you see any of these things, call 000 immediately.

For more information contact the StrokeLine on 1800 787653 (free call or go to www.strokefoundation.com.au)

Don't forget National Stroke Week runs 8 -14 September 2014.



I've Learned...By Andy Rooney

I've learned ... That the best classroom in the world is at the feet of an elderly person.

I've learned ... That when you're in love, it shows.

I've learned ... That just one person saying to me, 'You've made my day!' makes my day.

I've learned ... That having a child fall asleep in your arms is one of the most peaceful feelings in the world.

I've learned ... That being kind is more important than being right.

I've learned ... That you should never say no to a gift from a child.

I've learned ... That I can always pray for someone when I don't have the strength to help him in some other way.

Jest a Moment

When I was ready to check out and pay for my groceries the cashier said, "Strip down, facing me."

Making a mental note so I could complain to my local MP about this running amok security rubbish, I did just as she had instructed.

After the shrieking and hysterical remarks finally subsided, I found out that she was referring to how I should position my credit card.

Nonetheless, I've been asked to shop elsewhere in the future.

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Meet Our Supporters



KEITH PITT MP
Federal Member for Hinkler



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Many thanks to Keith Pitt and staff for their support and advice. This newsletter is generously printed by them as a community service.



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



Hon John (Jack) Dempsey MP
State Member for Bundaberg



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Many thanks to Jack Dempsey and staff for their support and advice. Their offer to assist with our printing needs is appreciated too.

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.



Des Limkin
Grad Dip. (Couns); Grad Cert (H.S.)
Counsellor



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