



“Older Men Supporting Older Men”

February 2015

The BOMNET Bulletin

Issue 11

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

President's Message

A BIG welcome to the second issue of the BOMNET Bulletin for 2015 to all our members, our families and friends, plus our sponsors and supporters.

You'll notice a few changes in this issue, starting with a welcome and short bio to all our new members.

We're also starting a "Get Well Section" to any of our members who are in hospital or at home after undergoing surgery, or who are just not feeling the best.

Have you taken a look at our Facebook yet? If not you'll find it here

<https://www.facebook.com/groups/593060357491617/>

If you're a Facebook client already you can join the BOMNET Facebook simply using the above link, if not why not become a Facebook client.

Sadly, we bid farewell to Jack Dempsey, who lost his seat at the recent State Elections. Jack's seat was won by Leanne Donaldson from the ALP. Now Jack will have time for all those things like fishing and golf etc. that he could only dream about before...thanks for all you did for us Jack, and best wishes for the future.

We wish Leanne all the best in her new role, and will be inviting her along to address our members on all the help she can offer us in our efforts to support

older men.

On Tuesday, 10th February BOMNET members and some wives/partners paid a visit to Paradise Dam, which was organised by our friends at COMLINK. This was our very first day trip, and it was a roaring success, we even had one member who plucked up the courage, and went for a swim.

Read all about it and see the photos on page 3 and on our Facebook...check them out.

We've started collecting prizes for our next raffle, so if you have something that you'd like to donate in the way of a raffle prize, or purchase some raffle tickets, please contact John Balding on 41542452, or Ben Jansen on 0412 195 681.

To date Subway, the Baldings, Rise The Bakehouse and Alice's Hair Shoppe have donated raffle prizes, but we need lots more as raffles are one of the very few ways we have of fund raising..

I'm pleased to say that our library has been a success, and our book case is full of good quality books for the blokes to read. That means we don't need any more books for a while, and I'll put out the word when we do. Thanks to everyone who donated books.

John Balding - BOMNET President & Newsletter Editor



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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

Australia Post Seniors Postage Rates

The Australian Government advised some time ago that senior Australians will only have to pay 60c for a letter posted within Australia.

To purchase these concession stamps you MUST apply for a My-post account (concession). Forms are available from Post Offices now.



Nine Volt Batteries

Be Careful When Storing 9 Volt batteries, They Could Burn Down Your Home..

BOMNET committee member Leon White came across this article on the internet and thought it important enough to convey to everyone as we all use these batteries and normally give no thought as to how we store them.



BOMNET member, Ray Sonter has tried the experiment with the steel wool and found it to be true. The result is the same with all brands of 9 volt batteries.

Please visit the link below.

https://www.youtube.com/embed/CnVDayl-gwI?feature=player_detailpage

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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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!**

BOMNET Visits Paradise Dam

On Tuesday, 10th February a group of us, eighteen in total, including wives/partners, did a day trip down to Paradise Dam, the day was organised by our friends at COMLINK, and we hired their bus. The entire group wouldn't fit on the bus, so we took three cars as well. The drive down and back was spectacular as the countryside has seen plenty of rain of late and is a lovely shade of green. We took a different route home to the route we used to get there, just to be different, and passed through some lovely sleepy little villages.

The weather was kind to us, and while rain threatened a few times it amounted to nothing. COMLINK provided us with coffee and cake for morning tea, and a sausage sizzle for lunch, which was cooked to perfection...all in all, a great day was had by all, and we can't wait until our next day trip at a venue yet to be decided.

BOMNET at Paradise Dam on Tuesday 10th February 2015



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Jest a Moment

Two elderly ladies meet at the launderette after not seeing one another for some time. After inquiring about each other's health, one asked how the other's husband was doing.

"Oh! Ted died last week. He went out to the garden to dig up a cabbage for dinner, had a heart attack and dropped down dead right there in the middle of the vegetable patch!"

"Oh dear! I'm very sorry," replied her friend, "What did you do?"

"Opened a can of peas instead."

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 14th February, 2015.

For more information phone Shelley on 0456 159 583.



Best wishes to BOMNET members, Ray Sonter, who celebrates his birthday on 10th February, and Harry Peck who celebrates his birthday on 24th February.



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The blokes from BOMNET welcome new member, Bill Veitch, who officially joined us on 6th January.

Bill moved from Brisbane to Sharon some four years ago and bought a house there. Being a "Chippie" he renovated the house and made it a home, then retired.

Bill now enjoys the company of other BOMNET blokes each Tuesday, and his Glaswegian accent is a pleasure to listen to.

He also enjoys taking his retired grey hound for a walk, which would be a sight to see as from what Bill tells me, the dog must be as big as him.

Bill is a real pleasure to have around as his laugh is infectious.

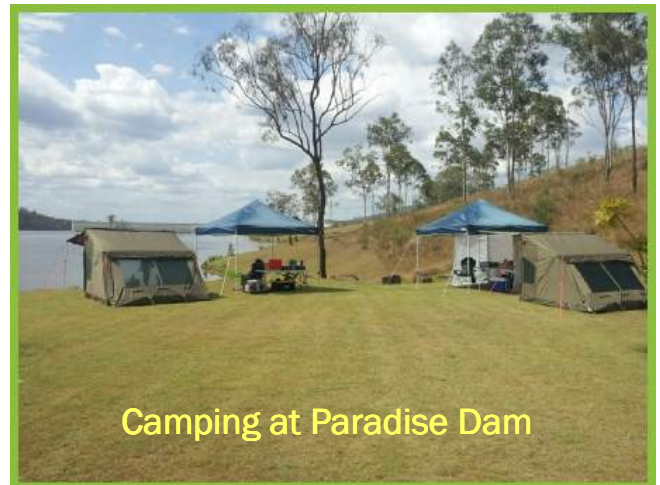


Bill Veitch

A Little About Paradise Dam

Paradise Dam is just a short twenty minute drive from the town of Biggenden, an hour and twenty minutes south west from Bundaberg, and a three hour drive north of Brisbane. The recreational area caters to day visitors and campers, and has many new modern facilities such as free gas barbeques and picnic areas, environmentally friendly toilets and a boat ramp.

If you love camping, fishing, skiing, kayaking, water sports or just a relaxing day out – Paradise Dam is the perfect place to visit or stay!



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In the spotlight with BOMNET Member John Balding

I was born in Sydney in December 1942, and lived in Punchbowl for the first ten years of my life until the family moved to Coffs Harbour. Prior to our move I went through a number of operations, seven in total, over about the same number of years to remove a malignant tumour in my neck (cancer).

After living in Coffs Harbour for a short period of time I had a minor accident, a simple fall, and dislocated my left hip, though it went un-noticed for a while as I was in no pain, but did walk with a pronounced limp.

My mother knew there was something amiss, and she eventually convinced (read nagged) my father to take me to see a children's orthopaedic specialist in Sydney. X-rays revealed that I had dislocated my left hip, and treatment to rectify the problem began almost immediately. I was in traction for six months at the Camperdown Children's Hospital in Sydney, and after that I was placed in a plaster cast from just under my left armpit, right down my torso to my left ankle, and was told I would be like this for twelve to eighteen months, and took up residence at the Far West Home in Manly for the recuperation period.

The eighteen months dragged on for three years with a number of trips back to Camperdown Children's Hospital to have the plaster cast changed...the majority of the three years was spent at the Far West Home in Manly. I returned to my home only once in that three year period, and only saw my mother just once in all that time as they just didn't have the money to get to Sydney...oh how I missed her. My father would get the occasional lift down to Sydney when he could; they were too poor to own a motor vehicle so he had to rely on the generosity of people visiting Sydney.

I did some schooling there in Manly at the Far West Home, albeit somewhat limited, and arrived back in Coffs Harbour at thirteen years of age just in time to start high school. After I completed High School I undertook an apprenticeship as a motor mechanic with the local Ford dealer, during which time I was married and we had a beautiful daughter, Kim.

My little family moved to Kempsey where I ran my own business, a combined mechanical workshop and service station, for a few years before moving to Bulolo, New Guinea, where I worked for the next three years or so as a diesel mechanic, servicing trucks and logging equipment.

It was my wife who suggested the move to New Guinea as she grew up there until she was of high school age, and loved the casual life style, and it was a wonderful place to raise children.

After spending three and a half years working in Bulolo

I was offered a position as a diesel fitter with an American based company on Bougainville Island, which I accepted, and spent the next eighteen months working for them rebuilding huge automatic transmissions and diesel engines in copper mining haulage equipment. At the end of my eighteen month contract I was offered a transfer to Mackay, where I was initially responsible for setting up workshop facilities to service the coal mining equipment operating in the Bowen Basin, to the west of Mackay.

I worked for this company for over ten years in the position of Central and North Queensland Service Manager, eventually responsible for workshop facilities in Rockhampton, Townsville and Mackay, where I was based.

After resigning from that company I started a home improvement business but eventually sold this due to the fact that I missed the automotive/mechanical business and moved back into the automotive industry for several years as the service manager for two different franchises in Mackay then switched over to sales and moved to the Gold Coast, where I worked until ill health (ongoing heart problems and degenerative osteo arthritis) forced me into early retirement at age fifty five.

After undertaking some community work for a few years I was bitten by the travel bug and took up caravanning. I've lost count of the number of caravans I've owned over the years, or the kilometres I've travelled with them. I've been right around the block twice, visited every state and territory in Australia, but still haven't seen it all.

I was divorced in 1998, and met my darling wife Bev in 2000. She lived in Sydney, and I lived in Toowoomba, but not for long as I made the move to Sydney to be with Bev. We were married in 2002, Bev retired the same week as we were married, and we moved into a brand new four bedroom home with all the extras in Hervey Bay to enjoy our retirement together and travel as much as we possibly could in our caravan.

Apart from travel, one other real passion was writing short fictional stories and tutoring creative writing at a number of U3A's in areas such as Coolangatta, Southport, Toowoomba and Penrith. I really enjoyed both writing and tutoring, but have done little of either for some time now except for newsletters. I was a member of the Gold Coast Writers Guild until I moved from Southport to Toowoomba.

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In the spotlight with BOMNET Member John Balding - Continued from Page 6.

newsletters. I was a member of the Gold Coast Writers Guild until I moved from Southport to Toowoomba.

Another passion was building and flying/sailing radio controlled model aircraft and model boats. Both of these interests certainly kept me busy, which was great whilst Bev was still working, but after she'd given up work travelling in our caravan took up most of our time, and model building was put on hold.

Music is another passion of mine, and when Bev and I lived in Sydney we were active members of the Sydney Jazz Club. I have a very eclectic taste in music, and not long after moving to Bundaberg we joined the Bundaberg Country Music Club. I no longer perform in public as I seem to have lost my confidence, however I'm still a member of the club.

After living in Hervey Bay for nine years we made the move to Bundaberg and have lived here now for the past three years. Our move was brought about by the fact that failing health left us with the feeling that we could no longer look after ourselves as far as cooking, housework and shopping were concerned, and we moved into an independent living village at North Bundaberg where meals were provided, and shopping was down to a bare minimum. It didn't take long to realise that we had made a huge mistake as we were very unhappy with this situation and a very dear friend, Anne Etherton, who we met as a result of our membership with the Bundaberg Country Music Club, found our current home for us and helped us move in.

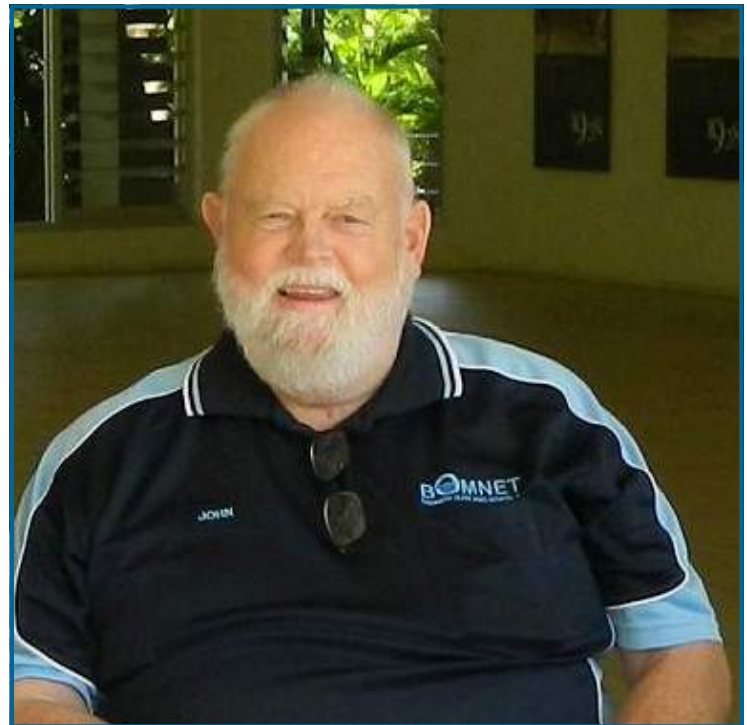
The problem of cooking was solved as we now get nutritious frozen meals delivered to us on a regular basis by a company based on the Sunshine Coast, and house cleaning is carried out on a fortnightly basis by Oz Care... we even have a lady who takes care of our ironing.

I have a daughter and two grandsons who live on the Gold Coast, and Bev has a son and a daughter, plus three granddaughters, who all live in Sydney. Sadly, due to the distances involved, we don't get to see much of them anymore, and our health issues has put a stop to us visiting them. We've recently discovered Skype, so that does help us keep us in touch.

Health issues now means that our caravanning days are long over but I try and keep myself busy, mentally. I have a real interest in men's health issues, hence the reason I felt the need to establish something like the Bundaberg Older Men's Network (BOMNET) Inc, where "Older Men Support Older Men." I decided to talk to other aging men and men's shed members about this situation, and it wasn't long before we had rounded up a group of men

who shared the same passion. The Bundaberg Older Men's Network (BOMNET) Inc. was born in April 2014 with a core group of seven concerned men, and has gone ahead in leaps and bounds since then...I thank all the members of BOMNET for sharing the dream.

We owe much to TOMNET, The Older Men's Network in Toowoomba, for all the help they've given us to get us up and running, and the ongoing help they continue to provide along the way.



John Balding - BOMNET President/Newsletter Editor



John Scarbrow, AKA the bionic man, is recovering from another knee replacement. John has now had both knees and both hips replaced.

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Eddie's Hobby?

Do you have a hobby? BOMNET member Eddie Crane does, and it's a beauty. Eddie enjoys wood burning, also known as pyrography; he finds it very relaxing, and is very good at it.

Wood burning is where you make a detailed drawing of something in pencil, say a flower, on a piece of soft wood, preferably pine. Then with a tool that resembles a small 240 volt soldering iron with a range of different tips, you burn the image into the wood, then colour in the flowers, leaves, stems etc, and then coat the entire thing with a good quality varnish or two pack, and hey presto, you have a tea pot stand or whatever else you wanted to make.

Eddie is going to bring his wood burning gear in one Tuesday and show us how it's done.



Pyrography Kit



Eddie displaying some of his work

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The blokes from BOMNET welcome our latest member, Edward (ED) Murray, who joined us on 20th January.

Ed was born and raised in the Kimberley area of Western Australia, but spent much of his working life on the East Coast working in the sugar industry, firstly in Mackay, then Bundaberg, where he has lived for the past eight years.

Ed fits right in to the BOMNET laid back and friendly lifestyle, and certainly has some interesting stories to tell. Ed told me that when he was born his parents were heading for Derby Hospital, but he had other plans and they were basically in the middle of nowhere when baby Ed decided it was time to pop out.

They changed direction and headed for a little bush hospital that was not much more than a tin shed, and the only staff member was an indigenous mid wife. On the same day as Ed was born so were two little bush piccaninnies. When Ed's father poked his head in to see his newborn son he asked the midwife,

"Which one is mine?". He couldn't understand why she almost split her sides laughing



Edward (Ed) Murray

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

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A work for the Dole Activity funded by the Australian Government.



Hon John (Jack) Dempsey MP
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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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Des Limkin

Grad Dip. (Couns); Grad Cert (H.S.)

Counsellor



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