



“Older Men Supporting Older Men”

January 2015

The BOMNET Bulletin

Issue 10

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



President’s Message

“Happy New Year” to our members, their families, our sponsors and supporters and friends. May 2015 bring you all health, happiness, and prosperity.

BOMNET has grown into a well knit little family of men, many of whom didn’t know one another back in April 2014, when BOMNET was launched. Some of these men will tell you that if it wasn’t for BOMNET they would have little or no social life at all, and would probably rarely ever get out of the house.

Not every member makes it along to our “ Drop In Centre” each Tuesday morning as things like doctors appointments often get in the way, but we all keep in touch as much and as often as we can, especially those members who aren’t feeling the best.

2015 will see the introduction of extra programs at BOMNET. We are starting a program where we head off for a bus day trip on a bi - monthly basis. Our first day trip is Paradise Dam, weather permitting...details

can be found on Page 4.

Also, if it proves to be popular, we will be meeting on one extra day per week to start a cards and board games morning each week...more details can be found on Page 5.

We will still continue on with our guest speakers as this has proved to be so educational and so interesting, especially when it concerns men’s health issues.

In the past we have invited two local men’s sheds along to some of activities and talks, and we’ll continue to do this as we can see the importance of having men’s sheds in the area for men who like to work with their hands, as well as BOMNET where men who are past working with their hands, or are just not interested, can come and mix and mingle, and enjoy the companionship of other like minded men. Many of our members enjoy both men’s shed membership and BOMNET membership.

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.

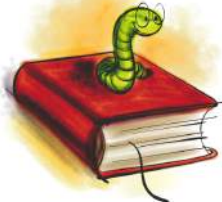
Join us for a cuppa and a chat. in a quiet , private, safe environment. If you're feeling lonely, isolated, depressed, or just seeking friendship, pop in and say 'g'day.

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

Books Wanted!

We are in the process of starting a small library for the pleasure and education of our members, and we're looking for anyone who has suitable books in good condition to donate.

We're after hard back or paper back, fiction and non - fiction, health related, hobbies and games, in fact anything that might be of interest to older men.



Jest a moment



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

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who support us!**



There is a lot of talk about diabetes, but do you actually know what it is or how it can affect you? The number of people living with diabetes has more than doubled since the 1990s, so it is possible that you or someone you know has, or is at risk of developing, diabetes. And if you are an Aboriginal and Torres Strait Islander, then you are three times more likely to have diabetes compared with a non-Indigenous person. People who have diabetes can still live a full and enjoyable life, but there are some things they need to do to ensure that they manage the condition as best they can.

What is all the talk about?

Diabetes is a chronic illness in which the body does not produce enough insulin. Put simply, the body uses insulin to produce energy from glucose (sugar) and without it, or if the insulin is not working properly, the body will try to make energy by burning fat. This approach to energy production can lead to serious health problems, such as cardiovascular, eye and kidney diseases.

There are two types of diabetes – Type 1 and Type 2 diabetes. In Type 1 diabetes the person produces no insulin and requires daily injections. In Type 2 diabetes some insulin may be produced, but it is either not enough or doesn't work properly. Type 2 diabetes is the most common form of diabetes. Depending on the severity of the illness, it can often be managed through diet and exercise.

Being proactive about diabetes

Unlike Type 1 diabetes, Type 2 diabetes can be prevented. In fact, according to Diabetes Australia it is estimated that up to 60 per cent of Type 2 diabetes can be prevented or at least delayed by following [a healthy lifestyle](#). This includes keeping active, eating well, maintaining a healthy weight, managing blood pressure and cholesterol levels, and not smoking.

As a precautionary measure, many GPs now screen all patients over 40 for diabetes to ensure they can provide early treatment. If you are concerned that you may be at risk of Type 2 diabetes, why not speak to your doctor or take advantage of the Department of Health and Ageing's free [Type 2 diabetes risk assessment tool](#).

The message is clear: whether you have diabetes or not, looking after your health and making positive lifestyle changes can lead to a range of benefits.

Why don't you talk to your doctor or diabetes educator about what you can do to keep fit and healthy for longer?

For anyone who may be interested, this article can be found in more depth, including videos, on the AMSA website below, and is brought to you with their permission.

<http://www.theshedonline.org.au/health-lifestyle/diabetes>

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Email diabetes01@bigpond.com.au

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Date Claimer - 09/02/15



Don't forget that we'll be having a day trip to Paradise Dam on Tuesday 9th February, weather permitting.

Bus transport from the YMCA to and from Paradise Dam will be provided by COMLINK, as will morning tea and a sausage sizzle lunch.

You're encouraged to include your wife, partner, carer or friend in the day trip, and I'm sure a great day will be had by all.

The cost per head is very affordable...just contact me to find out. The numbers of people wishing to attend are required so we can work out just how many buses we will require for the day trip...no doubt some of us may need to take our cars.

Members who would like to participate in this day trip should contact John Balding on 41542452 by Tuesday 20th January 2015 to confirm their booking, and ensure that they have a seat on the bus.



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.



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A Message For Men Who Have Been Diagnosed With Prostate Cancer

We recently received an information pack from the Prostate Cancer Council of Australia titled "Localised Prostate Cancer Pack". The pack comprises of two DVD's and a number of booklets, plus a USB card all aimed at supporting men who have been diagnosed with prostate cancer, and their families or carers.

If any of our members or readers would like to borrow this information pack, please get in touch with me by phoning 41542452 or email me at johnbalding@bigpond.com



Men, fifty years of age and over, interested in playing cards and board games such as chess, scrabble, dominos, drafts etc. one morning per week. This would be in addition to our normal BOMNET "Drop In Centre" morning each Tuesday, and would become a regular event whilst ever the numbers were sufficient to run it successfully

The venue would be the YMCA Stadium Kitchen at 7 Quinn, Kepnock. The hours would be 9.00am to 12 noon on a day yet to be decided.

In some cases transport can be arranged to and from the YMCA if the person meets the criteria.

If you're interested, please phone John Balding on 41542452 for more details.



YOU NEVER SAID GOODBYE
Author Unknown

You never said I'm leaving,
You never said goodbye.
You were gone before I knew it,
And only God knew why.

A million times I needed you,
A million times I cried.
If love alone could have saved you,
You never would have died.

In life I loved you dearly,
In death I love you still.
In my heart you hold a place,
That no one could ever fill.

It broke my heart to lose you,
But you didn't go alone.
For part of me went with you,
The day God took you home.

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In the spotlight with BOMNET member Ben Jansen

I was born in Nijmegen, Holland in 1949 and, with my mother, father and two brothers, migrated to Australia the following year. We settled in Orange, N.S.W. and were naturalised as Australian citizens in 1957. My sister and younger brother were born there.

My Dad started a contract cleaning business and that was my first job – working for my Dad after school and on weekends.

When I was 16 my eldest bother died and not long after I ran away from home and went to Sydney, where I spent six months as a salesman for Woolworths in Kings Cross in time for the transition from pounds, shillings and pence to dollars and cents. On returning to Orange, I found my father living by himself. My Mum, sister and young brother had left and gone to Wollongong and my older brother had gotten married.

I started working at Rodgers Meat Works and was soon moved into Accounts. Then I decided that a government job was for me and I became a Telegram Boy at the Post Office. After about six months, I found myself in Sydney again, this time as a trainee Postal Clerk. Just before graduation, I dropped out of the course and became a Hippie!

A group of friends and I lived from hand-to-mouth in Kings Cross. Occasionally one or the other of us would find part-time work but mostly we survived by busking. There were lots of American servicemen on R&R from Vietnam in Sydney at the time and a Bob Dylan song was guaranteed to bring in the dollars.

I met the girl who was to become my first wife, and when she became pregnant, I had to become “responsible” again. I got a job as a storeman at St James Tobacco Company. After my son was born, my father-in-law obtained a place for me at Crane Copper, a copper and alloy foundry. One night, while working on a wiredrawing machine, the glove on my right hand was trapped between the wire and the large iron drum that drew it through a die box. I was dragged around the machine before a workmate could come to my rescue. Slipping off the glove, I expected to see a few missing fingers but they were all there, albeit bloodied. There were numerous breaks but I healed well.

On returning to work I found myself quite nervous around the machinery in the foundry so I began searching

for a new job. I soon found one as an Assistant Manager at the newsagent on the ferry wharves at Circular Quay. By this time we had moved to East Balmain, just a short ferry ride from work.

I watched the progress on the building of the Opera House, and, on a wintery day in 1973 when setting out the daily papers, I read that the opening might have to be delayed – “due to lack of staff”. So I promptly closed up shop again, walked around and fronted the Personnel Officer. When he asked me what I could do, I answered him “anything”, whereupon he proclaimed that I was to be a Mechanist.

Thus I began a career that was to last the next 15 years. I found that a mechanist was a stagehand who helped set the scenery for each act. I was quite

bewildered by all the frenetic activity in the Opera Theatre, where I first started, but I quickly found favour with the Head Mechanist by being at the other end of whatever he picked up!

My best memories of that early time were of Dame Joan Sutherland, with her magnificent voice and her love of the Green Room food, which she declared to be “the most delicious and cheapest in the world”, and of Sir Robert Helpmann, who insisted on us calling him “Bobby”. I was cap-

tivated by the dancers of the Australian Ballet, with the beauty of their movements and the level of hard work that they used to achieve it.

I was promoted to Leading Hand/Machinery Desk Operator and rotated through duties in the Music Room, Art Gallery, Concert Hall and Drama Theatre. My daughter was born during this time and when she was old enough I bought a second-hand Valiant station wagon and, on my days off, took my family on daytrips to the country. We would visit the Hawkesbury River in the North, the Royal National Park in the South, and the Blue Mountains in the West.

When my son started having breathing problems we were told that it was caused by Sydney's polluted atmosphere so I decided to up stakes and move to Queensland where I soon found work at Her Majesty's Theatre followed by a long period as Assistant



In the Spotlight with BOMNET member Ben Jansen - Continued from Page 6.

Stage Manager with the Queensland Theatre Company.

My wife had decided that she had had enough of "country life" and headed back to Sydney. After much back and forth I ended up with both kids and a new wife. We bought a house in Kingston, Logan City.

I ended my theatre career as a Senior Stage Manager for Expo 88. It was a hectic six months that left me a nervous wreck and I was hospitalised with what they called a "bipolar disorder". On recovering I became a househusband and stayed at home looking after the family. I declared myself bankrupt and ended up renting a house in Coorparoo in Brisbane.

My wife had joined the Society of Editors and dragged me along to one of their monthly meetings. I found the people there were both intelligent and friendly and soon I was operating from home as an Editor and Proofreader.

In 1992 we moved to a lovely house, another rental, on the top of Camp Hill with a spectacular view over Brisbane. We stayed there for four years until the kids left home and the house was sold. My wife and I, along with our cat, rented a cheap, quaint, pre-war house with numerous architectural oddities in Greenslopes, only a couple of blocks from the local shopping centre. One day, in the Coles supermarket there, I read a notice advertising for a "Dawn filler". As my income from editing and proofreading was becoming limited - due to the number of computer programs becoming available - I decided to apply for the job. I was successful and when the Greenslopes branch switched to night filling I got a transfer to the Fairfield branch.

I was to spend the next three years there until a couple of my workmates died and I decided that that was enough for me. I answered an ad for a Driver and was soon driving all around Brisbane for a company that was checking the strength of mobile telephone signals. There was an Asian electronics student in the back seat with a bank of mobile phones as I cruised about, following set routes on a GPS unit. The routes must have been set by someone in Melbourne or Sydney because they contained many errors - such as commands to turn right at left only signs and wanting me to go down one way streets the wrong way! I was quite relieved when I was told that I was "no longer needed".

I began driving for a medical company that provided an after hours doctor's service. I was now a Doctor's Chaperone! I had no sooner started this job when I had an accident that put me off the road for six months. While carrying bookcase to the underneath of a friend's house, I stepped in a large crack in the driveway and broke my left leg. During my convalescence, I had another "bipolar episode" and I was again hospitalised, this time with a cast on my leg! When I got home I was told that a friend had died and left us her home in her

will. By now I recognised the hurt and worry that I had caused my wife so I, perhaps stupidly, suggested a trial separation. She jumped at the chance and had moved out within a couple of days.

When my leg had fully healed I resumed driving my doctors. The areas we covered were South, Far South (as far as the Gold Coast), West, Ipswich, East, Northwest, Northeast and Far North (as far as Noosa). During the week we generally only covered one area per shift (5.00 p.m. to 11.00 p.m.), although two drivers and doctors were rostered for the North and South areas until 8.00 a.m.

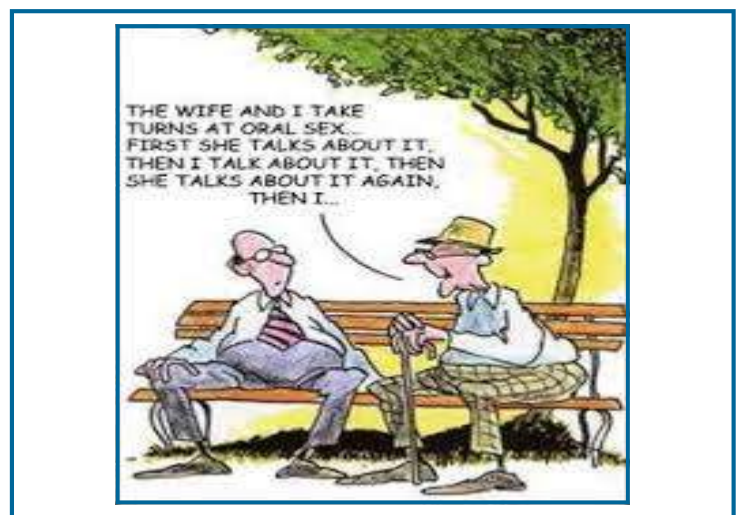
After two years my wife asked me for a divorce and I reluctantly agreed. I went on driving my doctors until 2012, when I had my stroke and my own doctor told me not to drive again. While being tested for the severity of the stroke, he found that I was also a type 2 diabetic. Not wanting to be a burden for my ex-wife, I moved to Bundaberg to be near my son and his family.

And that brings us to the present...

I rented a nice little flat in Svensson Heights and bought a mobility scooter so I could begin exploring my new environment. I joined the local Men's Shed seeking the company of other like minded men and, through their card and games day at the YMCA, met a friendly bloke called John Balding who ran the cards and board games day for men who were lonely or socially isolated and could no longer carry out manual tasks with their hands. John told me about The Older Men's Network (TOMNET) and said I should check out their website, which was inspiring and heart warming. We were invited to meet with Lloyd Enkelmann, a foundation member and the original coordinator of TOMNET in Toowoomba back in 2001.

As a result, John organised Bundaberg Older Men's Network (BOMNET) Inc., and at the inaugural meeting he was elected President, Bob Read as Secretary and myself as Treasurer.

Ben Jansen.



Celebrating Christmas With BOMNET

On Monday 15th December seventeen BOMNET members and their wives, partners and relatives etc celebrated Christmas with a hot Christmas luncheon at the Bundaberg RSL. Both the company and the food were excellent, and first prize in our lucky number raffle, a Lions Christmas cake was won by Alister Dodd's partner, Dot, and the second prize, and Lions Christmas Pudding was won by Trevor Colley's sister, Dell...congratulations ladies.

They say that one picture is worth a thousand words, well here's the equivalent of nine thousand words.



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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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Hon John (Jack) Dempsey MP
State Member for Bundaberg



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



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.

Bundaberg Older Men's Network (BOMNET) Inc.

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