



“Older Men Supporting Older Men”

July 2014

The BOMNET Bulletin

Issue 4

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

President's Message

The past month has been a busy one, and we've again seen numbers increase at our weekly Drop In Centre. No doubt the positive media coverage we've received of late has led to the increase in men seeking us out.

Our grant application to the Bundaberg Regional Council for the purchase of capital equipment for our Drop In Centre was submitted on 24th June. A letter recently received from Council advises that we should have an answer to our application one way or the other no later than Friday 8th August...it's a fair while to keep our fingers crossed...but.

Newly appointed committee member Denis Trayling, our Sponsorship Co-ordinator, has been very busy of late visiting local businesses in search of newsletter and website sponsorships, plus seeking out sponsors for raffle prizes.

We will be selling raffle tickets in the “BOMNET Monster Raffle” over the next six weeks, so if you'd like to buy some tickets please contact one of our members.

The prizes are fantastic and have been donated by the local businesses listed on Page 6. The raffle will be drawn on Friday 29th August, and the winner will be notified by phone as soon as the draw has concluded.

Don't miss the article on Dementia on Page 5 written by Denise Hodder, the local Ozcare Dementia Advisor. Contact Ozcare Dementia Services on 41308900 if you believe that you or a loved one has the early signs of Dementia.

On Page 3 you can read about the talk by guest speaker Rob McCulloch, local convenor of Bundaberg & District Prostate Cancer Support Group, who will be giving us a talk on prostate cancer awareness and early detection, plus treatments available. Rob's talk will take place at the YMCA Stadium Kitchen on Tuesday 29th July at 9.30 am. You may need to book for this talk to ensure you have a seat...check out the booking details on Page 3.

Our AGM has been and gone; it was held on Thursday 17th July and the main outcomes and results can be found on Page 6.

After our AGM we tucked in to a delicious luncheon provided by our new friends from Subway in Bourbong Street...nobody left hungry I can assure you.

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

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.

[Australian Hearing Bundaberg \(Sponsor\)](#)

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[Bundaberg Radiology \(Sponsor\)](#)

[Coral Coast Pharmacies \(Sponsor\)](#)

[Des Allen & Co Funerals \(Sponsor\)](#)

[Diabetes Education Outreach Service \(Sponsor\)](#)

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[Subway \(Bourbong Street\) - \(Sponsor\)](#)

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[Tony Ryan's The Good Guys \(Sponsor\)](#)

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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

Or contact Denis Trayling, our Sponsorship Coordinator, by phoning 41517257 or by emailing denistrayling@iinet.net.au

**Please support those
who support us!**

**HELP
WANTED**



Seniors Expo

Tuesday 19th August

BOMNET will be having a stall at this year's Seniors Expo as part of Seniors Week, which runs from 17th to 22nd August 2014.

The venue is the Civic Centre off Bourbong Street, next to Buss Park.

This is a great way to get ourselves known in the Bundaberg community, and hopefully gain members at the same time.

There are many older men in the Bundaberg community who could benefit greatly from our support and help, and the Seniors Expo is the way to meet many of them and let them know what we are offering.

We have booked a stall, and now need a few members to man this stall on a roster basis for a couple of hours each from 8.30 am to closing time to 12 noon on Tuesday 19th August.

If you can help please contact John Balding on 41542452, or email johnbalding@bigpond.com

Please Note: There will be NO "Drop In Centre" at the YMCA on Tuesday 19th August as we will be attending the Seniors Expo.



Date Claimer!

Tuesday, 29th July, 2014 - 9.30 am

Venue: YMCA Stadium Kitchen

7 Quinn Street, Kepnock

Rob McCulloch, local convenor of Bundaberg & District Prostate Cancer Support Group, will be giving us a talk on prostate cancer awareness and early detection, plus treatments available.

This talk is a "must" for all blokes to hear, and we're asking that all members come along to listen and learn from Rob's address.

The invitation extends to wives/partners of BOMNET members, and anyone from the general public who would like to take advantage of this.

Prostate cancer can be successfully treated if diagnosed early enough, and the diagnosis is easy and can be done these days with a simple blood test (PSA).

Anyone wishing to attend should contact John Balding on 41542452 or email johnbalding@bigpond.com to ensure they have a seat on the day, as seating will definitely be limited to around eighteen, so it's a case of first in, first seated.

Prostate cancer accounts for approximately 30% of cancers diagnosed each year in Australian men. It is the second most common cause of cancer death, after lung cancer. It has been estimated that around 120,000 Australian men are living with prostate cancer, and it is predicted that the number will increase to 267,000 by 2017.

Comparing with other cancers, prostate cancer has one of the highest 5-year survival rates of 92% after diagnosis.

The risk of being diagnosed with prostate cancer increases with age. The risk of having prostate cancer by the age of 75 is 1 in 8 men. By the age of 85, the number increases to 1 in 6.

Men who have a father or brother with prostate cancer have a higher chance of developing prostate cancer than men with no such history.

Men over age 50, or 40 with a family history of prostate cancer, should talk to their doctor about testing for prostate cancer. Men should make an individual informed decision about testing based on discussion with their doctors.



Relax, it's only a DRE

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

Quick Hearing Tip



Many Aussie men are not all that great at looking after themselves. If they have an ache or pain, their attitude is often "I'll battle through this" or "I'll wait a while and see if it gets better by itself".

A real "she'll be right mate" attitude. For some of us we get away with it, most of the time. Only when the aches, pains or emotions are overpowering do we make the decision to do something about it and get it checked out by a doctor or other Health Professional.

The issue often doesn't only affect just you but everyone else around you as well in some way, shape or form. Hearing checks shouldn't be put off for 'tomorrow'.

Most people don't realise that once you start noticing your hearing deteriorate, that it will continue until you intervene. Once it's gone, it won't come back.

So, quick tip – arrange a free hearing check today, not tomorrow. Call Australian Hearing Bundaberg on 4152 3833.

Book a free hearing check

Getting your hearing checked is a quick and easy way to find out more about your hearing.

1 in 6 Australians has a hearing loss. It's more common than you think.

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 9th August.

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Early Signs Of Dementia

The **Dementia Advisory Support Service** provides face-to-face support to people living with dementia and their carers by:

- Finding which community services and resources are available.
- Providing information and greater understanding about dementia, and dementia care
- Discussing strategies to respond to and cope with changed behaviours.
- Direct referral to specialist services if required.

Early sign of dementia include:

Changes in recent memory (short term memory)

- Repeating the same questions & stories
- Trouble remembering recent events & activities
- Losing keys, wallets & handbag
- Being increasingly forgetful

Disorientation of time and place

- Difficulty remembering the year, month and date
- Difficulty remembering the names of family and friends
- Getting lost in their own town or street. Not knowing how to get home.

Difficulty performing familiar tasks

- Difficulty completing what was previously a familiar task
 - e.g. making a cup of tea or taking a shower
- Handling money may become difficult

Problems with language

- A person living with dementia may forget simple words or substitute inappropriate words

Changes in mood and behaviour

- Someone living with dementia can have rapid

mood swings from calm to tears to anger, for no apparent reason. They may also have difficulty expressing their thoughts

Changes in personality

- People living with dementia often become suspicious, fearful and uncommunicative. They may also become dis-inhibited, over familiar or more outgoing than previously.

Experts agree it is important to exercise our brain (and our bodies) to keep them as healthy as possible. Activities such as crosswords, word searches, quizzes, crafts gardening and walking are all great ways to begin. The healthier our heart is, the less likelihood of our brain deteriorating!

If you are concerned about yourself or someone close to you please consult with your GP who can refer you for further testing, and we are always here to help in any way we can; just call.

Denise Hodder
Dementia Advisor Ozcare
Contact details: Ozcare Dementia Services
41308900

Editors Note: We thank Denise for writing the above article and hope that it helps our readers identify if you or a loved one has the early signs of dementia.



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BOMNET Monster Raffle

As mentioned in the President's Message on page 1, BOMNET are holding a "Monster Raffle" throughout July and August as a major fund raising venture.

Why have we called it a "Monster Raffle" I hear you ask? No, we're not raffling monsters, but we decided to call it a "Monster Raffle" as we have so many prizes to offer, the majority of which have been donated.

We would now 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!

BOMNET

By our resident poet laureate Donald Driver

B is for brotherhood, helping your mate.

O is for old men, touched by life's fate.

M is for memories, shared with a friend.

N is for nothing that time will not mend.

E is for effort to make it come true.

T is for thinking that BOMNET'S for you.

Donald R.

Jest A Moment - Old Age

Old age is when former class mates are so grey, wrinkled and bald, they don't recognise you.

You know you are getting old when everything either dries up or leaks.

Eventually you reach a point where you stop lying about your age and start bragging about it.

Some people try to turn back their odometers. Not me, I want people to know why I look this way. I've travelled a long way, and some of the roads weren't paved.



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2014 AGM Roundup

The BOMNET Executive Committee for 2014/2015 remains unchanged. That is President - John Balding, Secretary - Bob Read and Treasurer - Ben Jansen. All were returned unopposed.

However, we now have two additional Committee Members who are Denis Trayling, who has taken on the important role of Sponsorship Co-ordinator, and Leon White - Committee Member. We thank Denis and Leon for taking on these roles, and wish them all the best.

The AGM was followed by a delicious healthy lunch provided by our new friends at Subway in Bourbong Street. We thank them for their generosity and the fact that they realise that old blokes like to eat healthy food too.

Even though we've only been operating for three months, in that time we've become good friends with some amazing men who have gone out of their way to help us along on the journey of "older men supporting older men". Four of these men were honoured at our AGM by being granted honorary membership to BOMNET. These men are Phill Sellwood CEO of the YMCA who couldn't be present on the day, David Holmes from Coral Coast Pharmacies, Des Limkin from the Salvos Counselling at the Tom Quinn Community

Centre, and Wayne Chamberlin, Salvation Army Chaplain at the Tom Quinn Community Centre.

These men were all presented with a framed Honorary Membership certificate to mark the occasion, plus each man will also receive his own BOMNET name tag.



Wayne, David & Des with their certificates and some of the "BOMNET Blokes".



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Meet Our Supporters



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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



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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.



Bundaberg Older Men's Network (BOMNET) Inc.

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