



“Older Men Supporting Older Men”

June 2015

The BOMNET Bulletin

Issue 15

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

President’s Message

G’day members, supporters, sponsors and friends, welcome to the June issue of the BOMNET Bulletin.

Carrying on from last month’s newsletter, and Alan Greenhalgh’s poem “Beware of the Black Dog”, this month I’d like to share Rob Brabrook’s article , “Tips for taming the black dog”, which you will find on Page 3.

Earlier this month we had a visit from Stan Carroll, the President of our “Big Brother” TOMNET in Toowoomba. Stan has family living in Hervey Bay and has started paying us a visit when he is in the area. It’s always good to catch up with Stan and find out what other groups are doing. We were so busy talking that I neglected to take any photos...oh, well , perhaps next time.

We’re still looking for cards and board games players to kick off a cards and board games morning each Wednesday at “Take the Plunge” coffee shop in Electra Street, opposite the Hinkler Shopping Centre. Give me a call on 41542452 if you’re interested in joining us.

You don’t have to be a BOMNET member to join in, and the only cost is the price of a cup of coffee. We have chosen “Take the Plunge” as our venue because of its central location and access to public transport, should it be required.

The fact that Beth and Justine make a mean coffee and yummy cookies is a real bonus.

On occasions we help out other local not for profit community groups who don’t have their own regular newsletter by placing one of their articles in our newsletter. This month you can read an article from The Bundaberg and District Lung Support Group on Page 6. Their contact details can be found at the end of their article too.

Ray Sonter is “In the spotlight” this month, and you can read Ray’s profile on Page 5. Ray is one of our foundation members, and has joint membership with BOMNET and the Bundaberg Central Men’s Shed, like many of our members.

Don’t miss the tour of the Jabiru Aircraft Factory on Tuesday 23rd June. Details are on Page 4. You need to let me know ASAP if you’re interested in coming.

AGM Notice

BOMNET members are reminded that we will be holding our AGM on 7th July at 10.30am, straight after our July General Meeting, which is being held at 9.30am. The venue for both meetings is the YMCA Stadium Kitchen at 7 Quinn Street , Kepnock.

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.

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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!**

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 13th June 2015.

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

"Pain Free Raffle"

Tickets are now available in the Bundaberg Pain Support Group's "Pain Free Raffle". Why not grab a few tickets and support a worthwhile groupphone 41542452



Jest A Moment

You know that you're ready to retire when you think "getting lucky" means finding your car in the parking lot.

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.

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

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.

Editor's Note: This article on taming the Black Dog was written by TOMNET member Rob Brabrook and sent to me by Louise Adcock, General Manager of TOMNET in Toowoomba...thank you folks.



Best wishes and Happy Birthday to
BOMNET member Col Nielsen, 16th June.

Take the Plunge Community Café

"Take the Plunge Community Café. Great tea, coffee and cookies in a quiet space that is big enough for wheelchairs and walkers.

Open 8.30am to 5pm on Mondays to Fridays and 9am to 12pm on Saturdays.

Come for a coffee or join our 60+ club who meet at 1pm on Thursdays. 17 Electra Street (near Mensland and right beside the graffiti wall).

Phone number **0468 855 449**.



Beth & Justine
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Elliott Heads

In the spotlight with BOMNET Member Ray Sonter

I was born at Mount Morgan Queensland in 1944

I first attended school at Rockhampton , before my parents moved to Bundaberg in the mid 1950's where I attended Walkervale State School, finally leaving school after completing Scholarship at what is now Bundy High in 1959.

In 1960 I joined the Traffic section of Queensland Railways at the Bundaberg Railway Station, after a few months I transferred to the Locomotive Depot at North Bundaberg. There were about 300 men at this depot then. Today the Depot is gone and there are now about 6 employees there.

Since the age of 17 I have worked trains over almost all tracks in Queensland , except the South West of the State. Some of these rail lines no longer exist. This was the only employment I had, being there for the transition from Steam Locomotives to the latest Tilt Train and train loads increase from a few hundred tonnes to 10,000 tonnes.

I am married and have two daughters in Brisbane and one son in Gladstone

My interests are in Model Trains, Model Planes, Caravanning and Electronics.

I joined the Bundaberg Central Men's Shed Association for the company, exchange of ideas, knowledge and the social interaction with other like minded men.

I'm one of the founding members of BOMNET as I saw a need for older men who were doing it tough. BOMNET was launched as a group of us saw a need to support older men who were suffering with depression, anxiety, and social isolation.

BOMNET is structured to offer a range of activities and companionship for older men who are now unable,

mainly for health reasons, to pursue interests they were once involved in. There was a need for an organisation to cater for these men and BOMNET fills this void.



Ray Sonter



"Eat Fresh"

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Heidke Street, Bundaberg - Phone: 41314230

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“When you can't breathe... nothing else matters”

Is your breathing a problem? Is it getting harder? Does it get you down ?

Lung disease accounts for 1 in 7 deaths in Australia (Lung Disease in Australia, 2014). 20% of people in the Wide Bay area are living with a lung condition.

Many of us continue to ignore or discount the symptoms. Often people are not aware of their condition until it interferes in their everyday life activities and they start looking for answers or support. Do you or someone you know have this problem? It is not always associated with smoking though this is certainly one of the causes .

There are non smokers who have such problems as asthma, bronchiectasis , emphysema, lung cancer, cystic fibrosis just to name a few. Industrial pollutants such as dust, chemicals, asbestos, are all major contributors - a constant breathing in of these fumes overtime can cause severe damage to the lungs.

The Bundaberg and District Lung Support Group is a voluntary non-profit support group for Sufferers of Lung and breathing problems and their Carers to receive community support and Education. We cannot fix your problem but it gives you an opportunity to

meet others in similar situations, to discuss needs and hopefully answer some of your questions. We are affiliated with Lung Foundation Australia and as Members we receive their monthly Newsletter.

We meet every 3rd Monday of the Month, 10.30am, at the CQ Leagues Club, Avoca Street, West Bundaberg. We invite you to come along, you will be most welcome.

If you would like more information please contact Margery, Ph 41514941 or Bernadette, Ph 41550496



Editors Note: On occasions BOMNET publishes articles or news items for other groups who don't have their own regular newsletter, this is one of those occasions. The Bundaberg and District Lung Support Group do a great job, and we are only too pleased to help them out from time to time

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

Jabiru Aircraft Factory Tour

I have arranged a tour of the Jabiru Aircraft Factory on Tuesday 23rd June at 9.30am for all BOMNET members. If you're interested email me on johnbalding@bigpond.com or phone me 41542452 ASAP so I can reserve a spot for you and arrange transport.

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Bundaberg & District Prostate Cancer Support Group

P.O. Box 1043, Bundaberg Qld. 4670

Rob McCulloch - Convener
Ph. 41 599419 Mobile: 0428 599 411
Email Address: ra.mcculloch@bigpond.com

Diabetes Education Outreach Service

Pat A'Bell, RN CDE Credentialed Diabetes Educator ABN: 68 876 462 866
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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

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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.

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.

Bundaberg Older Men's Network (BOMNET) Inc.

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