



## “Older Men Supporting Older Men”

June 2014

# The BOMNET Bulletin

Issue 3

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

## President's Message

Welcome to our “New Look” newsletter.

You've probably noticed our “new look logo” by now, and if it looks familiar to some of you, we “borrowed” the idea from our big brother in Toowoomba, TOMNET, but I'm sure they won't mind a bit.

The artwork was put together by my darling wife Bev, who enjoys dabbling with graphics on her computer, offered to try her hand at doing what I had suggested (that's a first), and I think she's done a mighty fine job of it...what do you think?

Not only do we have a new look but you might have noticed too that we now have a web site address, which means that our website is up and running too. We also have an ABN, which we had to get in order to purchase a domain name to enable the launch of our website...check out the web site when you get a minute <http://www.bomnet.org.au>

This month we've started what hopefully will be a regular monthly feature in our newsletter, and that's a feature column written by our sponsors.

Each of our sponsors has the opportunity to tell our readers the latest news in their industry or profession, or to pass on any handy tips or product information related to their industry.

To keep things fair this will be done on a roster basis for those sponsors wishing to participate.

This month we'll be hearing from the Coral Coast Pharmacies team.

Our list of sponsors and supporters has grown since our last issue, and we are so grateful to those businesses and organisations who have got behind us and enabled us to progress so much in such a short space of time. On behalf of the blokes from BOMNET, I thank you all from the bottom of my heart.

Be sure to read Steven Mayers thought provoking submission on Page 3 titled “Enhancing Happiness”.

Steven is the Professional Support Facilitator for TOMNET, and, along with Lloyd Enkelmann, one of the TOMNET foundation members, has had a huge influence on the formation of BOMNET here in Bundaberg.

Wayne Chamberlin and Des Limkin from the Salvation Army at the Tom Quinn Community Centre popped in to our Drop In Centre recently to tell us about the work they're currently doing with those unfortunate people who are still doing it tough as a result of last year's floods, many of whom still can't access their homes. You can read about it on Page 6.

On page 8 you can read about guest speaker, Hayden Walker's recent enlightening talk about the weather.

John Balding - President - BOMNET.

## AGM and July Monthly General Meeting

Date and time : Thursday, 17th July 2014, 9.00 am

Venue: YMCA Stadium Kitchen, 7 Quinn Street, Kepnock.

Please bring a friend

## "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.

**Activities:** Cards, board games, DVD's etc. or just 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.

## RACQ's Years

### Ahead Program

The RACQ are bringing their *Years Ahead* program to Bundaberg on Thursday 3rd July at 1.00pm at the Civic Centre, and it is something that shouldn't be missed by all senior drivers.

RACQ's *Years Ahead* program is a comprehensive safety and awareness program designed for senior Queensland motorists which aims to keep people driving safely for longer and to help these people minimise the risk of being involved in a road crash.

Topics that will be covered include-

- Review of crash statistics for Queensland
- Changes to the road rules
- Medical reporting
- Alternative transport options

## 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)**

**Bundaberg Mobility Centre (Sponsor)**

**Coral Coast Pharmacies (Sponsor)**

**Des Allen & Co Funerals (Sponsor)**

**Diabetes Education Outreach Service (Sponsor)**

**Ken Baulch Plumbing (Sponsor)**

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**Tony Ryan's The Good Guys (Sponsor)**

**Jack Dempsey MP (Supporter)**

**Keith Pitt MP (Supporter)**

**YMCA (Supporter)**

**ABC Wide Bay Radio (Supporter)**

**4BU Classic Hits - Billy Healy (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

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## Enhancing Happiness

Am I happy? This is a question that some of us ask ourselves from time to time. We hear a great deal these days about the issues of depression, anxiety, stress and other mental health concerns. These issues are important and deserve our attention and seeking help if we are struggling. Equally however spending some time on how we can support our own wellbeing and increase our experience of happiness can be a big step to improving our quality of life.

So what makes us happy? There are and could be an endless list of answers to this question. For some of us it could be a specific activity (fishing, golf, singing), for others it could be just simply being in a particular place (garden, beach, mountains) and enjoying the experience. Researchers over the past few decades have also asked this question in order to find what it is that makes human beings happy. The results are both interesting and enlightening. More so because many of the things that can contribute to a happy life are simple, and within the reach of most of us.

In a recent publication Dr Anthony Grant and Alison Leigh overview what elements have been shown to both increase happiness but also enhance mental and physical wellbeing. Some of these include, practicing gratitude, building and maintaining social connections, practising forgiveness, engaging in random acts of kindness and connecting with a present moment awareness of the world (mindfulness). Regularly engaging in these actions/activities have been shown to help us change our perspectives and mood but also impact on how we think, know and decide about life. This leads to a richer more full experience of ourselves and the world.

What is interesting about these elements of happiness is that they are all things most of us can practise regularly ourselves if we choose to and they rely on our own choice and action rather than things in the world having to change for us to feel happier.

Perhaps the time has come for us to start experimenting with even one of these things and see if it can make a difference for us.

[Anthony Grant & Alison Leigh](#), (2010), *Eight Steps to Happiness: The Science of Getting Happy*. Victory Books.

**Submitted by Steven Mayers - Professional Support Facilitator - TOMNET**

**Editor's Footnote:** Reflecting on what Steven has submitted made me think about the things that make me happy or unhappy.

I have been suffering with depression for a little while now, and have been receiving treatment. Looking around the community I've noticed that I wasn't alone on this unpleasant journey, "The Black Dog Blues".

My home life and family life wasn't the problem, that couldn't be better, but there was something missing in my life, and this was the key issue that prompted me to talk to other older men in the same circumstances, and together we identified that we all had something missing in our lives...mine was lack of social contact with other like minded men, and this prompted the research that led to the launch of the Bundaberg Older Men's Network (BOMNET) Inc.

Since we launched BOMNET I haven't suffered one day of depression, and why is that you might ask? I haven't had time to dwell on what makes me depressed; the work that I'm doing with BOMNET and the men I am meeting as a result is making me happier than I've been in a long while, and I've found some of what's been missing in my life.

BOMNET might not be the solution to every older mans problems, but why not pop into our "Drop In Centre" on Tuesdays and see what it's all about...see Page 2 for details of our "Drop In Centre". **John Balding - BOMNET President and Newsletter Editor.**

### 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, or obtain one of their own, please get in touch with me by phoning 41542452 or email me at [johnbalding@bigpond.com](mailto:johnbalding@bigpond.com)

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

We ask lots of Questions - NOT to annoy you!

In the Pharmacy industry there are a huge number of variables to be considered before offering a 'health solution' to a customer's seemingly simple question like "could you give me something for a rash?".

Answers to those variables are required before a health solution can be suggested. One of the first questions they will ask is - 'are you the person with the rash?' This will allow us to sort through the solutions that are age appropriate and also dosage appropriate. Did you know that some products can be flavoured to make them taste more pleasant for children .... and adults?

The next series of questions will relate to: medication (prescribed and natural that you may be taking), time (how long have you had the symptoms, and have you had it before), appearance (what does it look like), affect (itching, burning, and weeping) and more depending on the responses given.

During this time we are listening and evaluating symptoms and eliminating products so that we can provide you with a solution or a range of solution options.

Did you know a chat with a Qualified Professional Pharmacist costs you, the customer \$zero, \$zilch, \$zip - how good is that! How many Professionals can you visit for FREE! ..... Coral Coast Pharmacies, your health solutions destination!



## A Health Professional Says...

In recent times I have had a number of conversations about the Bundaberg Older Men's Network (BOMNET) Inc. with their President, John Balding, and congratulate this group of men for their foresight and initiative in these difficult times.

Depression and anxiety are real, and is not a normal part of aging as many people think. It is something that often affects older people without them even realising it.

If the enthusiasm of the men from BOMNET is anything to go by, this group will do an outstanding job for older men in the Bundaberg district, and I wish them every success for the future.

Katie Murrell

B Psych Assoc MAPS

Shop 1A/47 Bourbong Street.

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**For more information and rates contact John Balding on 41542452 or email [johnbalding@bigpond.com](mailto:johnbalding@bigpond.com)**

**Jest a Moment**


Two little old ladies were discussing their husbands over tea.

"I wish George would stop biting his nails," said one. "He makes me terribly nervous."

"My Bob used to do the same thing," the other woman replied. "But I broke him of the habit."

"How?"

"I hid his teeth."



## Thank God For The Salvos

In response to the 2013 Australia Day floods, the Salvos appointed counsellor, Des Limkin and chaplain, Wayne Chamberlin to support the communities of Bundaberg and the North Burnett. We're based at The Salvation Army Tom Quinn Community Centre, Bundaberg (behind Norville School).

To most, the floods are a distant memory but time and time again we are amazed at the number of people who are STILL facing its consequences. To date approximately 100 district families are yet to return to their homes. It is common to come across houses with no internal walls, families still living in their garages and many who wait from pay to pay to buy that extra kitchen cupboard, box of tiles or tin of paint to continue their own repairs.

The Rebuild Team formed as part of the efforts of the Combined Churches Committee. Retired and volunteer tradesmen from Bundaberg and all over Australia rallied to assist people who were uninsured or under insured. The team rebuilds homes to a basic liveable standard but moreover, hope is given when there seems no hope. To date approximately \$80 000 worth of materials and more than \$1 000 000 worth of volunteer labour has helped nearly 100 homes - and lives, get back to some kind of normality.

One of the greatest impacts of the floods I have found has been the effects on the aged. Health issues escalate, a husband finds he has to place his wife into an aged care home, hospital stays become more and more common and loneliness, depression and anxiety are daily experiences. Many are touched by suicide.

While we don't have a magic wand to make everything right, we do what we can to help and support. We visit those in hospital or mental health unit, help complete admission forms, refer to counsellors or other support agencies, assist with additional furniture and just call in to say g'day. You know someone needs help when you knock on a door and they burst into tears when you say who you are.

It may have been 18 months since the greatest flood in living memory hit our region but the effects are still there.

Des and I form part of the Salvo Flood Recovery team but there are only two of us. Flood recovery is everyone's business. Don't think we, or any of the 'experts' have all the answers.

If you want to help, simply talk to people. Listen to them. If something just doesn't seem right, it probably isn't. Seek some form of assistance. This could mean just being a friend or it could mean finding someone else who can help. If unsure give us a ring on 4153 3557. Don't let anyone slip through the cracks. Every person is important. They are not alone. There is help out there and you could just be the answer!



Wayne Chamberlin and Des Limkin at the BOMNET "Drop In Centre" where they gave a talk on what the Salvos are doing for people still suffering as a result of the 2013 floods.

Written for the BOMNET Bulletin by:

Wayne Chamberlin

Chaplain

Bundaberg and North Burnett Flood Recovery Program

The Salvation Army

Tom Quinn Community Centre

Bundaberg Qld 4670.

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## Meet Our Supporters



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Email: keith.pitt.mp@aph.gov.au Web: www.keithpitt.com.au

7 Quinn Street Kepnock - Phone: 41328232



We build strong **PEOPLE**  
strong **FAMILIES** strong **COMMUNITIES**

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



ABC Wide Bay


### Drought

*By BOMNET member Donald Driver*

The dams are dry, the paddocks bare  
There's deathly stillness in the air.  
The stock are dead or sent away  
There's no money left to pay for hay.  
Each morn the farmer scans the sky,  
And prays for rain to end this dry.

His head held high, he will not break.  
For his life and family are at stake.  
Forever he will battle through  
As in the past he'd had to do.  
City folk can't understand  
The heroes of this baren land.

*Donald R.*



Hon John (Jack) Dempsey MP  
State Member for Bundaberg

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**Web:** [www.jackdempseyp.com](http://www.jackdempseyp.com)

### Australia Post Seniors Postage Rates

The Australian Government has advised 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 Mypost account (concession). Forms are available from Post Offices now.



## Bundaberg Older Men's Network (BOMNET) Inc.

### Office Bearers for 2014/2015

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Treasurer - Ben Jansen - Phone: 0412 195 681, Email: [bjansens@optusnet.com.au](mailto:bjansens@optusnet.com.au)  
Postal address: 16/14 Stedman Street, Norville, Qld. 4670

## Knowing The Future

Almost everything we do is effected by the weather. So being able to predict the weather, to know what the future holds, gives the benefit of being forewarned, and thus forearmed.

Commercial enterprise is always at an advantage if they know the future. Forward planning that works is good planning...

These were the opening comments from forth generation long range weather forecaster, Hayden Walker, the son of Lennox Walker, the world famous Australian Long Range Weather Forecaster, when he gave a talk to the blokes from BOMNET recently about...you've guessed it, the weather.

Hayden started his talk by explaining what it is that affects our weather conditions, sunspots, and how, by looking at historic weather patterns, he can predict what the weather will do in years from now.

Hayden's talk was both educational and very informative, and generated many questions from the BOMNET members and prospective members who came along to listen.

Hayden operates his own long range weather forecasting business, Walker's Weather, and you'll find his website here <http://www.walkersweather.com.au>

Hayden is the second guest speaker to address the blokes from BOMNET at our Tuesday morning Drop In Centre, and having regular guest speakers will be an ongoing part of BOMNET's weekly activities.



Hayden Walker

## Older Men | Hidden Hardships - DVD

We will be screening the "Older Men/ Hidden Hardships" DVD at our Drop In Centre on Tuesday 17th June, and anyone wishing to see it is more than welcome to pop in and join us. To book your seat please phone John Balding on 41542452. The venue is the YMCA Stadium Kitchen, and the starting time will be 9.30 am.

This award winning DVD features the lives of six older Toowoomba blokes, now TOMNET members, sharing their stories of hardship and personal struggles in an effort to highlight older men's issues.

