



**“Older Men Supporting Older Men”**

March 2015

**The BOMNET Bulletin**

Issue 12

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

**President's Message**

This month we welcome two new members, Bernie O'Reilly and Mark Britton to our ranks, you can read a little about them both on page 5.

Also we have two new sponsors, Café 28 over at the Botanic Gardens, and Northwest Insurance in Targo Street, you can see their adverts on page 7.

On the 14th April we celebrate our first birthday, and to mark the occasion we will be having a barbeque for members, their wives and partners and invited guests at the YMCA. We will also be drawing our “Birthday Raffle” at the barbeque. For more information and details of the great raffle prizes, see Page 8.

Check out the details of the DVD titled Older Men/ Hidden Hardships on Page 7, and how you can either borrow or buy this award winning documentary. We have copies of this DVD and encourage our members to take one home and view it with their family.

Our membership is growing and it's good to see that we're getting well known in the community and men are seeking us out. Transport to the YMCA is difficult and we are already car pooling, and for some of our members who no longer drive, we've struck a deal with COMLINK, who provide a great transport service among other things.

We often dream of having our own nine or twelve seater bus, but at the moment that's nothing more than a dream, and dreams are free.

Like all not for profit groups, fund raising is a key issue, and there are only a certain number of things a bunch of worn out old blokes can do to raise money.

No, we're not going to make a nude calendar, though people may pay a fortune if we promised never to sell one.

A raffle is about the only way we can fundraise, so we hope that if you bump into one of our blokes selling raffle tickets, you'll buy some off him. Alternatively, if you belong to a group, you can always take a couple of books and sell them on our behalf...now that's a great idea, just contact John Balding on 41452452 and we'll sort out the details.

Our guest speakers for March will be Coral Coast Pharmacies, and they will address us on Tuesday 24th March at 9.30 am; wives/partners are most welcome to attend...see Page 2 for full details.

John Balding - BOMNET President/Newsletter Editor



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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.

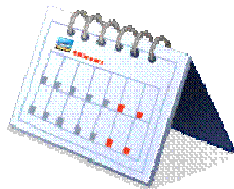
Phone John Balding on 41542452 for more details, or email [johnbalding@bigpond.com](mailto:johnbalding@bigpond.com)

## Date Claimer!

Coral Coast Pharmacies will be our guest speakers on Tuesday 24th March 2015 from 9.30 am. The venue will be the YMCA Stadium Kitchen, as usual, and seating will be available for between eighteen and twenty people, so get in early.

Members wives and or partners are most welcome to attend, should they wish.

Our guest speakers will discuss all things of a pharmaceutical nature, and concentrate on Home Medication Reviews. That is where a pharmacist calls at your home and reviews just what medications you're taking, and confirms that you're not doubling up on anything, and what's more, the service is FREE.



### Item : 66-year-old woman gives birth...



## 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](mailto:johnbalding@bigpond.com)

**Please support those  
who support us!**

# Leon's Hobby

Last month we featured BOMNET member Eddie Crane's hobby, pyrography, and showed some photos of his work. This month we're featuring the hobbies of a foundation BOMNET member, and current Committee Member Leon White, which ranges from pot plant holders (pots included) to ornate jewellery boxes in a number of different eye catching designs and finishes...all are for sale. It's said that one picture is worth a thousand words, so here's the equivalent of thousands of words.

Pot Plant Holders - Large and Small



Jewellery Boxes



Leon White

## Diabetes Education Outreach Service

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## 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 March, 2015., there's plenty of off street parking.

For more information phone Shelley on 0456 159 583.

**Happy Birthday!**

Best wishes to BOMNET member Ken Baulch, who celebrates his birthday on 19th March.

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**Elliott Heads**



The blokes from BOMNET welcome new members Mark Britton and Bernie O'Reilly who joined us in late January, early February.

Mark was born in Geelong, and his first job was a gardener, which lasted twelve months. He then worked as a motor wrecker for five years before being asked to manage a motor cycle shop and also carry out motor cycle repairs for three years.

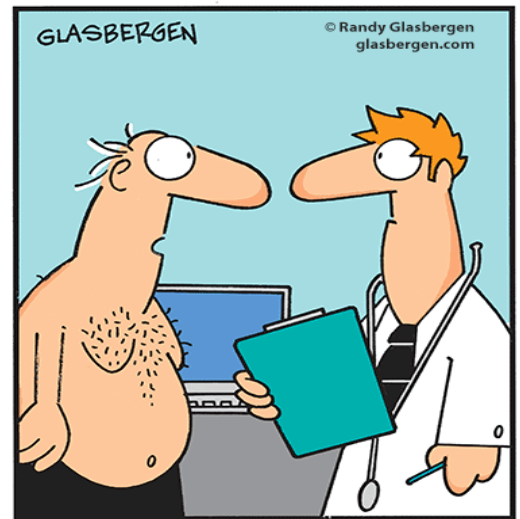
He then moved to Queensland where he took up sand blasting and spray painting for the next two years. Mark then worked as a trade assistant fitter on Navy and luxury boats before moving to Western Australia where he worked as pruner in a vineyard for twelve months and then took up farming work, including ploughing for wheat and barley, and working with sheep.

For the past seven years Mark has lived in Bundaberg and ill health has prevented him working.

Bernie was born at Cunnamulla in 1939 and raised on a sheep and cattle property near Charleville. After University in Brisbane he taught Science/Maths in Far North Qld High Schools from Mackay to Thursday Is and west to Normanton.

Bernie retired as Principal of a Cairns High School, and then spent the next eight years part time at the School of Distance Education ( School of the Air ) – the best years with wonderful, hardworking students and supportive parents. Along the way Bernie tried his hand at timber cutting, tobacco picking, diving for Trochus shell, professional reef fishing.

Bernie and wife Pam have a son and daughter and six grandchildren. They recently moved from Cairns to Bundaberg seeking a better climate and new friends.



“Gravity has lowered my chest, my stomach and my butt. Why hasn't it lowered my cholesterol?!”

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## In the spotlight with BOMNET Member John Scarbrow

It was almost wartime, when I was born in London and named John. Uncle Jack, a bachelor, asked to pick a second name. As he learnt over the crib, I scratched him, thus the name, LIONEL.

We grew up surrounded by bombed out buildings. When the bombers came over, we hid under the stairs, me in the arms of Ivy, a good looking blonde, from the top flat.

My education was at Wolverstone boarding school in Suffolk. The village of Wolverstone was named after a Viking chieftain, named Wolf, back in history. He used the stone to decapitate his enemies. Like "Don't be nervous, put your head on the stone, close your eyes and make a wish". Instead of wish one heard swish, as his axe loosens the enemy's head. This was the reason the village is called Wolverstone, and is situated about 10 miles, south of Ipswich, the market town of Suffolk in England.

Leaving school, no career advice was offered, probably because the teachers were squares in round holes, themselves. They excelled with the cane and a golf club on the bum, near the testicles!

Employed by the Blue Star Line, my first job was sweeping the floor and licking stamps. Fiddling the stamps was a company tradition. A genuine 2/6d stamp to Australia, became a 5/6d stamp in the books. Profit 3 shillings. The general manager told us to tone it down, when we became too greedy!

I was promoted to the forwarding department, finalising documents for our refrigerated imports from Australia, New Zealand and Argentina.

I left that company, as I could not see any future for me and joined a paper convertor company, as export assistant. Within 2 years I was Export Manager. The company was taken over by a Bolton manufacturer in northern England, and the boss was a Polish bloke, who was a wartime spitfire pilot. He asked me to come up and sent a chauffeured Rolls Royce to ferry me up and then down. Bolton was industrial and dirty and no place for me so I resigned.

My wife at that time had a young daughter living in Wales with grandparents, so we looked there. Eventually we borrowed money and bought an old farmhouse on the banks of a pristine river, where wild salmon, all the way from Canada, came to spawn. The place was idyllic, it had to be bought! A shock came when the spinster sisters moved their furniture out and all the plaster fell from the interior walls!

And then a worst shock, this part of Wales was Welsh speaking, and Welsh nationalism was rife, like "Go home English swine". I had a family of four at that time, and no job.

After many knockbacks, an interview for a receptionist at a Ford dealership and the manager was English, Mr. Cannard. I got the job. Cannard in French means duck, so you can understand that I don't eat duck!

The natives became good friends as beer is an international language!

Employment chances there would be limited for my daughters, so I applied for Australia. On April, 1972, we sailed on a Greek vessel, the 'Australis' and disembarked in Sydney. We were accommodated at a hostel in Maroubra. After jobs as a workshop controller at Woodham Ford, and a company supplying parts to mining companies, I applied for a sales position with a clothing company and got it as Sales coordinator. From there I was Warehouse manager, sales rep, and then national sales and marketing manager, which included trips to mostly S.E.Asia to buy fabrics. That company was shut down by H.M. Customs. I then sold clothing as a sales agent on 6% commission, but times were hard so why not Bundaberg?

My wife Zaira's parents lived there. We bought 60 acres at Baffle Creek. We had to earn money so we tried crops. Firstly 6 x 60m rows which was good. We couldn't afford a tractor so our only machine was a dented wheel barrow, which dented when I felled a tree which fell the wrong way!

Soon we had 20 x 60m rows of tomatoes, bullhorns, zucchini etc. On our hands and knees we picked the lot and sent them to markets in Brisbane and Sydney. We then had 100 mango trees and 6 x 30m rows of passionfruit.

In the meantime, we had put up a 2 bedroom kit home which later we air conditioned in the lounge. After 10 years of PRIDE & PAIN, we had to sell. The money from the sales enabled us to buy in Bundaberg. Not bad for city slickers?

I first saw BOMNET advertised in the Guardian, which I don't usually read. I had been trying various organisations to join but none were too my liking. I phoned our honourable president and he invited me to attend. My first thoughts were perhaps I had joined the BOBNET

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



**John Scarbrow**

as three of the members are named Bob, but brushed that aside as this mob was friendly and I saw intelligence in their eyes. They did not warm to my idea of the Old Men's Olympics, but their participation in darts was encouraging, although the strikes on the wall, might have to be looked at by a structural engineer.

Big Bob Read reminds me of the harpooner in Moby Dick. However a nice bunch of blokes! Luckily, with writing my book and Zaira etc. I am very happy. Meeting the BOMNET blokes is a bonus.

John Scarbrow - BOMNET Member

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**Older Men | Hidden Hardships - DVD**

On 26th July 2014, the DVD "Older Men | Hidden Hardships" was launched at the Empire Theatre in Toowoomba. The DVD features the lives of six older Toowoomba blokes from TOMNET sharing their stories of **hardship** and **personal struggles** in an effort to **highlight** older men issues.

*"its not always easy, indeed its mostly very hard for older blokes to tell you how they really feel. Here are the stories of six of our older men, who courageously let us into their lives, their struggles, their innermost feelings and how they found light at the end of their personal tunnel."* Narrator - Royce Perkin



Thanks to the generosity of **TOMNET**, we, BOMNET, have a number of copies of the "Older Men - Hidden Hardships" that can be loaned to interested older men, or community organisations. Contact john Balding on 41542452 to borrow a copy.

For enquires on how to purchase a copy of the documentary please contact the **TOMNET** Centre on 07 4638 9080 or via email - tomnet05@tomnetinc.org

# Happy 1st Birthday BOMNET and Details of Birthday Raffle



The blokes from BOMNET will be celebrating their first birthday on 14th April with a barbeque and raffle draw as part of their birthday celebrations.

BOMNET members, their wives and partners and invited guests will be receiving their formal invitations in the next week or so, with the details and RSVP date on it.

As mentioned above, part of the birthday celebrations is a birthday raffle with prizes totalling in excess of \$500.00, all donated by local businesses and supporters.

Tickets just \$2.00 each or 6 for \$10.00

Raffle Drawn Tuesday 14<sup>th</sup> April, winners will be notified by phone

Prizes included, but are not limited to the following:

- Kagi Ear Rings - Hitchcocks Fine Jewellery**
- Sony DVD Player – The Good Guys**
- Remington Hair Dressing Kit and Microtouch Hair Trimmer – The Good Guys**
- Subway pack (Includes umbrella, stubbie coolers, subway sub vouchers)**
- Service voucher – Ultratune**
- Meal Vouchers – Across The Waves Sports Club.**
- Sports Bags - Ross Gray Motors**
- Bottle of wine & Cooler, Night Light, Stainless Steel Thermos and Insulated Mugs - John & Bev Balding**
- Sports Bags - Ross Gray Motors**
- Bottle of wine & Cooler, Night Light, Stainless Steel Thermos and Insulated Mugs - John & Bev Balding**
- Two bottles of Shiraz – John & Ziara Scarbrow**

**Store Voucher – Dymocks Book Store**

**Hair Dressing Voucher - Alice's Hair Shoppe**

**Bakery Voucher – Rise The Bakehouse.**

**Cap, Tee Shirt, Water Bottle – Bristol Paints**

**“My Crib” Bean Bag – Col & Pat Nielsen**

Anyone wishing to donate a raffle prize can contact John Balding on 41542452.



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# February Guest Speakers - COMLINK

Our guest speakers for February were Jodie and Dawn from COMLINK, who gave us a run down on the services that COMLINK offer their clients. Services like Personal Care, Domestic Assistance, Respite Care, Information & Referral, Transport, Mobility Management, Transport Development, Social Supports, Centre Based Day Care, Bus Services and Fundraising & Charitable Services. Phone : 1300 761 011



Jodie & Dawn

# Chess Anyone?



Are any of our members interested in playing chess, or any other board game for that matter, one morning a week. This could even extend to cards...we even have darts.

We now have lots of board games, most of which have been generously donated, and it's a shame seeing them going unused most of the time as they all get the mind working, and you know the old saying "Use it or lose it"



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**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.



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


**Please support our Sponsors & supporters**

This newsletter is printed by BCAS (Bundaberg Community Admin Support)



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

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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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