

# Bundaberg Older Men's Network (BOMNET)

"Older Men Supporting Older Men"



## BOMNET Bulletin



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

May 2014

*Watch this space for details of our website*

Issue 2

## President's Message

Firstly, on behalf of BOMNET I would like to thank the Bundaberg businesses listed on Page 2 for their generosity and support shown to us by way of sponsorship or support of this newsletter.

This sponsorship helps with our running costs, and some goes towards hosting our various programs; without it we couldn't operate.

Also we thank the YMCA for allowing us the use of their Kitchen Stadium to hold our programs in, plus our monthly general meetings. Phill and his staff are most supportive, and many of our members, me included, are also members of the YMCA 60 & Better program.

Our thanks also go to Steven Mayers and Lloyd Enkelmann from the successful Toowoomba based TOMNET, who we've modelled the Bundaberg Older Men's Network (BOMNET) on. Steven and Lloyd have guided us through every step of the way, and without their advice and support we wouldn't be here to help the older men of Bundaberg.

Our research has shown that there are many older men in the Bundaberg district who are suffering from loneliness, isolation and depression, especially as a result of the devastating flooding that occurred in Bundaberg at the beginning of last year.

Many older men are still doing it tough and have

fallen through the cracks as until now there have been no programs available in Bundaberg to help get these older men back into the community. This fact has been confirmed during discussions with a number of Bundaberg health care professionals during our research.

A lot has happened since our launch on 12th April, and I'm amazed at just how quickly the time flies.

We commenced the first of our BOMNET programs; our "Drop In Centre", on Tuesday 13th May for men aged 50 or more who are lonely, feeling isolated or feeling down, or just in need of friendship. A full report on our "Drop In Centre" activities will be featured in the June Newsletter.

These older men are most welcome to turn up every Tuesday between 9.00 am and 12 noon, share a cuppa and chat, play cards or board games, or watch a DVD if they wish, and generally mix with other like minded men in a quiet, private and safe environment.

The venue is the YMCA Stadium Kitchen at 7 Quinn Street, Kepnock, and any older men wishing to attend can give me a call on 41542452 and I'll explain how to get there. Any older men requiring transport can give me a call too, and we'll see what can be arranged.

Cheers,



John Balding - President BOMNET

## Next Monthly General Meeting

Date and time : Thursday, 19th June 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 or just seeking friendship, pop in and say 'g'day.

**Phone** John Balding on 41542452 for more details.

## "Free" Hearing Screening Check

Kathleen Dimes, the local Australian Hearing Health Promotions Officer, will be carrying out "Free" hearing screening checks for BOMNET members and their wives/partners on Thursday 19th June, prior to our June General Meeting.

The venue is the YMCA Stadium Kitchen at 7 Quinn Street, Kepnock, and the screening checks will commence at 9.15 am sharp.

To avoid disappointment members and their wives/partners need to make a booking to have this "Free" check carried out, and this can be done by phoning John Balding on 41542452 no later than 29th May.

We may look at conducting more "Free" hearing checks at one of a "Drop In Centre" days if we feel that a need is there.



## Meet Our Sponsors

Sponsorship by way of this newsletter is of paramount importance to the growth of the Bundaberg Older Men's Network (BOMNET) , 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 venues 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)**

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

**Diabetes Education Outreach Service (Sponsor)**

**Ken Baulch Plumbing (Sponsor)**

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

**Keith Pitt MP (Supporter)**

**YMCA (Supporter)**

**ABC Wide Bay Radio (Supporter)**

**4BU Classic Hits (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](mailto:johnbalding@bigpond.com)

## We're In The Building Industry

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

**Des Allen & Co  
Funerals**

**Office & Chapel  
22 Toonburra St  
Bundaberg  
Ph 4153 2424**

**Directors: Des Allen & Bevan Rehbein**

**Springfield Gardens  
Crematorium**

**Elliott Heads**

## Older Men | Hidden Hardships - DVD

On 26th July, the DVD "**Older Men | Hidden Hardships**" was launched at the Empire Theatre in Toowoomba. The DVD features the lives of six older Toowoomba blokes 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 Perkins

Thanks to the generosity of **TOMNET**, we 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.

We will be having a "viewing" on June 27th on our third "**Drop In Centre**" day, and anyone interested in attending should contact John Balding on 41542452 to book a seat, as bookings will definitely be required.

If you know any older blokes doing it tough, tell them about **BOMNET**. They will find mateship, motivation, volunteering opportunities and the chance to reconnect with their community.

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](mailto:tomnet05@tomnetinc.org)



This DVD was the winner of the 2013 Best Documentary in the Queensland Multi Media Awards

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

#### **Office Bearers for 2014/2015**

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## Older Men's Needs

Tom retired from work - and also from life. He saw little to live for anymore.

Dick's retirement meant moving into a vacuum, a place of empty space; at a loss of what to do with the remainder of his life.

Like Tom and Dick, Harry's retirement was equally momentous. However, for him it was the beginning of an exciting new era. A future of enormously life enhancing opportunities.

Could these differences be due to individual circumstances alone? Or could they be a matter of attitudinal differences?

There are five basic needs we have in common in order to survive and to thrive. These are particularly pertinent to older men, many of whom have lost sight of their importance: Involvement, Satisfaction, Autonomy, Integration and, Creativity.

A positive attitude in response to these needs is required in our own best interests and those of others.

**INVOLVEMENT:** The imperative here is to be involved meaningfully in something purposeful and worthwhile. Simply keeping busy mindlessly is somewhat pedestrian and generally of little consequence. Regardless of the nature and extent of involvement, it will require a level of commitment.

**SATISFACTION:** Satisfaction with involvement is linked to a sense of achievement and fulfilment. It may stem from intrinsic reward (from within oneself) or extrinsic reward where others may benefit and who may or may not express appreciation. It boosts self esteem and nourishes a healthy ego.

**AUTONOMY:** Being able to do one's own thing and to "do it my way" according to Frank Sinatra is important for older men. They value their independence and

self-regulation. Life long learning has made them who they are today; each one unique and bringing to their world something remarkably significant.

**INTEGRATION:** Isolation and loneliness are detrimental to our social health and well-being. Through connection and interaction with others and as givers and receivers, we are indispensably part of community. This togetherness makes us team players. We don't have to go it alone.

**CREATIVITY:** Consider the interests, knowledge and skills we all possess. They are expansive across the full spectrum of achievements. And what of the awesome creative potential we have, often unrecognised and more often untried and tested? Why not venture into the unknown in this regard and take the risk? "Creativity maketh the man".

Tom, Dick and Harry have these needs in their retirement. Like them, it is our attitude that will determine what we will make of them. It is our choice.

Bundaberg Older Men's Network (BOMNET) is an organisation that provides opportunity for older men to address their needs in a positive way. Through friendship, mateship and camaraderie, members can enjoy this challenge for one and all.

Lloyd Enkelmann - TOMNET



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106 Takalvan Street  
Bundaberg QLD 4670  
Tel: (07) 4130 7000 Fax: (07) 4130 7001  
www.thegoodguys.com.au

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DISCOUNT WAREHOUSES**

## Diabetes Outreach Education Service

Pat A' Bell, RN CDE Credentialed Diabetes Educator ABN: 68 876 462 866  
Bundaberg Business Enterprise Centre Cnr of Quay & Tantitha Streets Bundaberg  
Phone (07) 4153 1536 Mobile 0418 149 081 Fax (07) 4153 6867  
Email [diabetes01@bigpond.com.au](mailto:diabetes01@bigpond.com.au)

[www.diabeteseducationoutreachservices.com.au](http://www.diabeteseducationoutreachservices.com.au)

**DIABETES MANAGEMENT IS ALL ABOUT SELF MANAGEMENT**

Come and speak to your local Credentialed Diabetes Educator Pat A' Bell today

**One Life. Make the most of it**

# The Blokes From BOMNET



Seated: Gary Bennett (Guest), Col Nielsen (Member), John Balding (President), Leon White (Member), Ben Jansen (Treasurer).  
Standing: Brian Roland (Member), Bob Read (Secretary), Alister Dodd (Member), Harry Harcus (Member), Mark Fraser (Guest), Ken Baulch (Member), Harry Peck (Member). Absent: Ray Sonter (Member)

*I have discussed the Bundaberg Older Men's Network (BOMNET) with their President, John Balding, and commend this group for their initiative as there is a desperate need for a program such as this for older men in the Bundaberg district.*

*I offer them my full support and wish them well in their endeavours.*

Dr. Rashed Aziz  
Eastside Medical Centre - East Bundaberg

## Bundaberg Mobility Centre

Scooters | Power Chairs | Bathroom Aids | Daily Living Aids  
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Ruth & Reon Robert  
PROPRIETORS

**FOR ALL YOUR MOBILITY SOLUTIONS**

PH **41 536 536** 9/9 Maryborough Street, Bundaberg. 4670

## 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



## KEN BAULCH

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**Fax 4154 1945**  
Email: [kbaulch@hotmail.com](mailto:kbaulch@hotmail.com)

BSA No. 42177

## Advertising In Our Newsletter

Bundaberg businesses are invited to advertise in our monthly newsletter, and in doing so support us and the valuable work we undertake for older men in the community.

But wait, there's more. As a bonus ,businesses taking out an ad in our newsletter will also have their business promoted on our website at no extra charge, once we have it up and running in around threeweeks or so. This will also include a live link to their own business website, if they have one...now that's a great deal!

We offer Bundaberg businesses a business card sized ad (90mm x 55mm), or a footer ad (210mm x 55mm). This means you can support the Bundaberg Older Men's Network (BOMNET), whilst promoting your own business. For rates please contact John Balding on 41542452, or email: johnbalding@bigpond.com

Advertising space will be kept to a minimum, as we don't wish to produce a newsletter that's mainly ads. So if you'd care to support us, and at the same time promote your own business, please make haste.

To be fair ,we will limit ads to one type of business only, for example we will only accept ads from one chemist, or one plumber etc.

### Jest A Moment

A little old man shuffled slowly into an ice cream parlour and dragged himself slowly and painfully up onto a stool. After catching his breath, he ordered a banana split.

The waitress asked kindly, "Crushed nuts?"

"No," he replied, "Arthritis."

Many thanks to Phill Sellwood and staff at the YMCA for their generous support. We hold our monthly meetings and our weekly "Drop In Centre" program at the YMCA Stadium Kitchen.



My wife said "Watcha doin' today?"  
I said "Nothing."  
She said "You did that yesterday."  
I said "I wasn't finished."

*"You don't stop laughing because you grow old. You grow old because you stop laughing"*

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



7 Quinn Street Kepnock - Phone: 41328232

Thanks to 4 BU's Trish Mears and Billy Healy for their on air support.



Thanks to ABC Wide Bay Radio and David Dowsett for their on air support.



**KEITH PITT MP**  
Federal Member for Hinkler

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